

# Door County YMCA – Summer Food Menu

Week 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>LUNCH ENTREE</b>	<i>Ham and Cheese On Pretzel Bun</i>	<i>BLT &amp; Turkey Wrap</i>	<i>BBQ Chicken Salad</i>	<i>Salami &amp; Cheese Sandwich</i>	<i>Chicken Bacon Ranch Salad</i>
<b>Milk</b>	<i>Milk 1 %</i>	<i>Milk 1 %</i>	<i>Milk 1 %</i>	<i>Milk 1 %</i>	<i>Milk 1 %</i>
<b>Meat/Meat Alternative</b>	<i>Ham</i>	<i>Sliced Turkey Bacon</i>	<i>Shredded Chicken</i>	<i>Salami/Mozzarella</i>	<i>Chicken</i>
<b>Vegetable</b>	<i>Baby Carrots</i>	<i>Sliced Cucumbers</i>	<i>Lettuce/Corn</i>	<i>Fresh Green Beans</i>	<i>Peppers</i>
<b>Fruit</b>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>
<b>Bread/Grain</b>	<i>Pretzel Bun</i>	<i>Whole Wheat Tortilla</i>	<i>Dinner Roll</i>	<i>Whole Wheat Bread</i>	<i>Whole Wheat Noodles</i>

This menu is for the weeks of:

June 18<sup>th</sup> thru 22<sup>nd</sup>

July 16<sup>th</sup> thru 20<sup>th</sup>

August 13<sup>th</sup> thru 17<sup>th</sup>