

# Door County YMCA – Summer Food Menu

Week 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>LUNCH ENTREE</b>	<i>Turkey &amp; Swiss Sandwich</i>	<i>Black Bean Nacho's</i>	<i>Italian Sub</i>	<i>Chicken Wrap</i>	<i>Barbecue Pork Sandwich</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>Sliced Turkey</i>	<i>Black Beans</i>	<i>Ham / Salami</i>	<i>Diced Chicken</i>	<i>Pork</i>
<b>Vegetable</b>	<i>Snap Peas</i>	<i>Lettuce/corn</i>	<i>Baby Carrots</i>	<i>Green Beans</i>	<i>Carrots, Cauliflower, Broccoli</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>Whole Wheat Bread</i>	<i>Whole Wheat Tortilla Chip</i>	<i>Italian Bread</i>	<i>Whole Wheat Tortilla</i>	<i>Pretzel Bun</i>

This menu is for the weeks of:

June 11<sup>th</sup> thru 15<sup>th</sup>

July 9<sup>th</sup> thru 13<sup>th</sup>

August 6<sup>th</sup> thru 10<sup>th</sup>