

DOOR COUNTY YMCA

# SUMMER FOODS BREAKFAST MENU

\*ALL MEALS SERVED WITH  
WHITE MILK\*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Pop Tart and Fruit	Nutrigrain Bar and Fruit	Cereal and Juice
6	7	8	9	10
Breakfast Round and Fruit	Nutrigrain Bar and Fruit	Cereal Bar and Fruit Cup	Pop Tart and Juice	Cereal and Juice
13	14	15	16	17
Fig Bar and Fruit	Cereal Bar and Craisins	Pop Tart and Fruit	Cereal and Juice	Yogurt and Fruit
20	21	22	23	24
Breakfast Round and Fruit	Pop Tart and Fruit	Cereal and Juice	Cereal Bar and Craisins	Bagel with Jam dip and fruit
27	28	29	30	31
Fig Bar and Fruit	Breakfast Bar and Fruit	Nutrigrain Bar and Juice	Yogurt and Fruit	Cereal and Juice

# DOOR COUNTY YMCA SUMMER FOODS LUNCH MENU

\*ALL MEALS SERVED WITH WHITE MILK\*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Yogurt, cheese stick, Fruit and Veg	Ham and Cheese sandwich, Fruit Veg and chip	Lunchable, fruit cup and veggie juice
6	7	8	9	10
Yogurt Pouch, Pretzels, Fruit and Veggie	Ham & Cheese Sandwich with Fruit, Veggies and Crackers	Lunchable, Fruit Cup and Veggie Juice	Turkey and Cheese Wrap, Fruit, Veggie and a Chip	Beef And Cheese Stick, Sunflower Kernels, Graham Crackers, Craisins and Carrots
13	14	15	16	17
Uncrustable, Fruit Cup, veggie and a Rice Crispy Treat	Turkey Sandwich with Juice, Veggie and Chip	Cheese and Crackers, Trail Mix, Fruit Cup, Veggie	Bagel Sandwich, Veggie and a Chip	Chicken Salad, Fruit, Veggie and Crackers
20	21	22	23	24
Yogurt Pouch, Pretzels, Fruit and Veggie	Cheese and Crackers, Trail Mix, Fruit Cup, Carrots	Bacon and Cheese Wrap, Fruit, Veggie and a Chip	Turkey Sandwich with Juice, Veggie and Chip	Chicken Wrap, Fruit, Veggie and Chips
27	28	29	30	31
Uncrustable, Fruit Cup, veggies and a Rice Crispy Treat	Ham & Cheese Sandwich with Fruit, Veggie Juice, and Crackers	Turkey and Cheese Wrap, Fruit, Veggie and a Chi	Chicken Salad, Fruit, Veggie and Cracker	Beef And Cheese Stick, Sunflower Kernels, Graham Crackers, Craisins and Carrots