

Door County YMCA - Summer Food Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Entree	Sub Sandwich	Chicken Wrap	Barbecue Pork Sandwich	Southwest Pasta Salad	Turkey & Swiss Sandwich
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Meat / Meal Alternative	Turkey / Ham / Slice of Cheese	Shredded Chicken / Shredded Cheese	Shredded BBQ Pork / Slice of Cheese	Diced Chicken	Sliced Turkey / Slice of Cheese
Vegetable	Baby Carrots	Cucumbers / Shredded Romaine Lettuce	Cucumbers	Sliced Peppers	Asparagus
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Bread / Grain	Hoagie Bun	Whole Wheat Tortilla Shell	Pretzel Bun	Elbow Noodles	Whole Wheat Bread
Snack:	Goldfish Crackers	Pretzels	Sliced Apples	Bagel	Salsa
Serve 2 Food Groups	String Cheese	Orange Quarters	Peanut Butter	Cream Cheese	Tortilla Chips

This Menu is for the weeks of:
 June 6th thru June 10th
 July 5th thru July 8th
 August 1st thru August 5th

Breakfast is provided by Boys & Girls club.

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Entree	Turkey Wrap	Taco Salad	Chicken Salad Sandwiches	Barbecue Chicken Sandwiches	Ham Sandwich
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Meat / Meal Alternative	Slice Turkey / Cheese	Taco Beef	Diced/ Shredded Chicken	Sliced Cheese	Sliced Ham / Slice of Cheese
Vegetable	Shredded Lettuce / Shredded Romaine Lettuce	Shredded Romaine Lettuce / Cherry Tomatoes / Corn	Celery	Corn	Baby Carrots
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Bread / Grain	Whole Wheat Tortilla Shell	Whole Wheat Tortilla Chips	Crossiant	Whole Wheat Bun	Hoagie Bun
Snack: Serve 2 Food Groups	Assorted Crackers	Seasoned Oysters	Un crustable	Graham Crackers	Chocolate Muffin
	Cottage Cheese	Grapes		Sliced Apples	String Cheese

This Menu is for the weeks of:
 June 13th thru June 17th
 July 11th thru 15th
 August 8th thru August 12th

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Entree	BLT & Turkey Wrap	Ham & Cheese Pasta Salad	1/2 Ham and Cheese Sandwiches with a Side Salad	Chicken Nacho's	Sub Sandwich
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Meat / Meal Alternative	Sliced Turkey & Bacon	Diced Ham / Cubed Cheese	Ham / Cheese -Shredded Cheese	Shredded Chicken / Shredded Cheese	Turkey / Ham / Slice of Cheese
Vegetable	Carrots	Green Beans	Chopped Iceberg Lettuce / Cucumbers	Shredded Romaine Lettuce / Cherry Tomatoes	Broccoli
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Bread / Grain	Whole Wheat Tortilla Shell	Elbow Noodles	Whole Wheat Dinner Roll	Tortilla chips	Hoagie Bun
Snack:	Gold Fish Crackers	Sun Chips	Chex Mix	Ritz Crackers	Apple Slices
Serve 2 Food Groups	Applesauce	Bananas	Yogurt	String Cheese	Cottage Cheese

This Menu is for the weeks of:
 June 20st thru June 24th
 July 18th thru July 22rd
 August 15th thru August 19th

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Door County YMCA - Summer Food Menu

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Entree	Ham Wrap	Barbecue Chicken Sandwich	Pizza Subs	Chicken fajita wrap	Ham / Turkey Sandwich
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Meat / Meal Alternative	Sliced Ham / Slice of Cheese	Shredded BBQ Chicken / Slice of Cheese	Pepperoni Slices / Cheese	Shredded Chicken	Sliced Ham / Slice Turkey / Slice of Cheese
Vegetable	Shredded Romaine Lettuce / Slice Cucumbers	Broccoli	Baby Carrots	Cherry Tomatoes / Diced Peppers	Snap Peas
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Bread / Grain	Whole Wheat Tortilla Shell	Pretzel Bun	Hoagie Bun	Whole Wheat Tortilla Shell	Crossiant
Snack:	Seasoned Oysters	Blueberry Muffin	Chex mix	Blueberry Bagel	Pretzels
Serve 2 Food Groups	Orange Quarters	Sliced Apples	Yogurt	Cream Cheese	Banana

This Menu is for the weeks of:
 June 27th thru July 1st
 July 25th thru July 29th
 August 22rd thru August 26th

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