

DOOR COUNTY YMCA

SUMMER FOODS BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Nutrigrain Bar and Apple Slices	Fig Bar and Applesauce	Cereal Bar and Fruit Cup	Bagel with Jam Dip and Banana	Breakfast Round and Applesauce
8	9	10	11	12
Trix Cereal and Juice	Nutrigrain Bar and Apple Slices	Bagel with Jam Dip and Banana	Oatmeal Square and Banana	Breakfast Round and Applesauce
15	16	17	18	19
Fig Bar and Applesauce	Breakfast Round and Applesauce	Golden Grahams Cereal and Craisins	Bagel with Jam Dip and Banana	Cereal Bar and Fruit Cup
22	23	24	25	26
Trix Cereal and Juice	Nutrigrain Bar and Apple Slices	Fig Bar and Applesauce	Oatmeal Square and Banana	Cherrios and Juice
29	30			
Cereal Bar and Fruit Cup	Breakfast Round and Applesauce			

ALL MEALS SERVED WITH WHITE MILK

DOOR COUNTY YMCA

SUMMER FOODS LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Ham and Cheese Sandwich, Apple Slices, Veggie Juice, and Goldfish Crackers	Uncrustable, Fruit Cup, Red Peppers, and Rice Crispy Treat	Lunchable, Fruit Cup, and Veggie Juice	Chicken Salad with Crackers, Applesauce, and Peppers	Cheese and Crackers, Trail Mix, Fruit Cup, and Carrots
8	9	10	11	12
Beef and Cheese Stick, Sunflower Kernels, Graham Crackers, Craisins, and Carrots	Ham and Cheese Sandwich, Apple Slices, Veggie Juice, and Goldfish Crackers	Chicken Salad with Crackers, Applesauce, and Peppers	Hard Boiled Egg, Veggie Juice, Fruit Cup, and Cheez Its	Cheese and Crackers, Trail Mix, Fruit Cup, and Carrots
15	16	17	18	19
Uncrustable, Fruit Cup, Red Peppers, and Rice Crispy Treat	Yogurt Pouch, Pretzels, Apple, and Broccoli with Ranch	Turkey Sandwich, Grape Juice, Carrots, and Cheez Its	Chicken Wrap, Apple, and Sun Chips	Lunchable, Fruit Cup, and Veggie Juice
22	23	24	25	26
Chicken Salad with Crackers, Applesauce, and Peppers	Ham and Cheese Sandwich, Apple Slices, Veggie Juice, and Goldfish Crackers	Uncrustable, Fruit Cup, Red Peppers, and Rice Crispy Treat	Turkey Sandwich, Grape Juice, Carrots, and Cheez Its	Beef and Cheese Stick, Sunflower Kernels, Graham Crackers, Craisins, and Carrots
29	30			
Lunchable, Fruit Cup, and Veggie Juice	Yogurt Pouch, Pretzels, Apple, and Broccoli with Ranch			

ALL MEALS SERVED WITH WHITE MILK