



Summer Lunch Program Menu for July 19 – July 23

July 19:

Lunch: Walking Tacos, mixed veggies, applesauce, and milk

Evening Snack: Smart Popcorn and juice

July 20:

Lunch: Chicken pot pie, peas, pears, and milk

Evening Snack: Goldfish crackers and juice

July 21:

Lunch: Homemade macaroni and cheese, carrot coins, mixed fruit, and milk

Evening Snack: Pretzels and juice

July 22:

Lunch: BBQ pulled pork on roll, chips, coleslaw, peaches, and milk

Evening Snack: Nutri-Grain bars and juice

July 23:

Lunch: Ham and cheese sandwich, chips, carrot sticks, fruit, and milk

Evening Snack: Teddy Grahams and juice

Learn more at www.ymcaocc.org.