

2018 WATERBURY LUNCH SUMMER MEALS

SUMMER 2018

Monday	Tuesday 26-Jun	Wednesday 27-Jun	Thursday 28-Jun	Friday 29-Jun
	Assorted Lunches Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	Chicken Fajita served on a **WG Wrap with a String Cheese Stick Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	Ham / Turkey and Cheese served on a **WG Hamburger Roll Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	Assorted Yogurt & String Cheese Stick **WG Cool Ranch Tortilla Chips & **WG Bear Grahams Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>
2-Jul	3-Jul	4-Jul	5-Jul	6-Jul
Assorted Lunches Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	Bologna & Bacon, Cheese, Lettuce & Tomato served on a **WG Wrap Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	Happy "Fourth of July" - No Summer Feeding Today 	Assorted Yogurt & String Cheese Stick **WG Bagel with Cream Cheese Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	Sunflower Seeds & String Cheese Stick **WG Cheddar Goldfish Crackers & **WG Bear Grahams Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>
9-Jul	10-Jul	11-Jul	12-Jul	13-Jul
Assorted Lunches Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	Salami & Cheese served on a **WG Hamburger Roll Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	Turkey served on a **WG Wrap with a String Cheese Stick Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	Sunflower Seeds & String Cheese Stick **WG Cool Ranch Tortilla Chips & **WG Bear Grahams Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	Italian Combo served on a **WG Hamburger Roll with a String Cheese Stick Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>
16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
Assorted Yogurt & String Cheese Stick **WG Cheddar Goldfish Crackers & **WG Bear Grahams Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	Italian Combo with Cheese served on a **WG Kaiser Roll Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	Bologna & Bacon, Cheese, Lettuce & Tomato served on a **WG Bagel Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	BBQ Grilled Chicken Breast served on a **WG Kaiser Roll Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	Turkey served on a **WG Wrap with a String Cheese Stick Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>
23-Jul	24-Jul	25-Jul	26-Jul	27-Jul
String Cheese Stick & Sunflower Seeds **WG Cool Ranch Tortilla Chips & **WG Bear Grahams Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	Italian Combo with Cheese served on a **WG Kaiser Roll Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	Turkey and Cheese served on a **WG Wrap Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	BBQ Grilled Chicken Breast served on a **WG Kaiser Roll Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	Chicken Salad served on a **WG Hamburger Roll and a String Cheese Stick Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>
30-Jul	31-Jul	1-Aug	2-Aug	3-Aug
Assorted Yogurt & String Cheese Stick **WG Cheddar Goldfish Crackers & **WG Bear Grahams Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	Turkey and Cheese served on a **WG Wrap Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	Surprise Day !!! Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	BBQ Grilled Chicken Breast served on a **WG Kaiser Roll Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	Italian Combo served on a **WG Hamburger Roll with a String Cheese Stick Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>
6-Aug	7-Aug	8-Aug	9-Aug	10-Aug
String Cheese Stick & Sunflower Seeds **WG Cool Ranch Tortilla Chips & **WG Bear Grahams Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	Ham and Cheese served on a **WG Hamburger Roll Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	Italian Combo served on a **WG Kaiser Roll with a String Cheese Stick Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	BBQ Grilled Chicken Breast served on a **WG Kaiser Roll Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	Turkey with Cheese served on a **WG Wrap Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>
13-Aug	14-Aug	15-Aug	16-Aug	16-Aug
Chicken Salad served on a **WG Hamburger Roll with a String Cheese Stick Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	SURPRISE DAY Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	SURPRISE DAY Daily Vegetable Choices 100% Fruit Juice Low-Fat Milk Choice <small>condiments</small>	Last Day of Summer Feeding SURPRISE DAY Daily Vegetable Choices Dried or Chilled Fruit Low-Fat Milk Choice <small>condiments</small>	 with the Summer Food Program

All of our meals are pork free.



The MyPlate icon reminds us to make half our plates fruits and vegetables. Try to follow this advice to make sure your family is eating enough. Also, fruits and veggies make great snacks! Find out exactly how many cups of fruits and vegetables everyone in your family needs each day by visiting <https://www.supertracker.usda.gov>

There's a Summer Meal Site Near You!! - Your child can enjoy a delicious, healthy meal with friends at a summer meal site. ** Kids age 18 and under eat for free. Some sites also offer games, crafts and activities that will keep kids of all ages engaged and active. Children do not need to be registered for any programs to receive a summer meal. Visit www.ctsummermeals.org / call toll free 211 or text "CT Meals" to 877-877 to find a location near you!!

This institution is an equal opportunity provider.

The 5 Meal Components for Summer Lunch are Meat/Meat Alternative, Grain, Fruit, Vegetable and Milk. Choose at least 3, including 1/2 cup of fruit or vegetable and at least 2 other full components. For Best Nutrition ~ Choose All Five!!!!

Menu is subject to change. 6/13/2018