

# SUMMER MEALS! ALL KIDS EAT FREE!

**No paperwork necessary. Must be 18 or under for free meals.**

**Please call 518-563-8685 for more info, or email [barnes.roxann@bcsdk12.org](mailto:barnes.roxann@bcsdk12.org)**

## Monday - Friday,

**Breakfast 8:00 am—9:15 pm  
Lunch 11:00—12:15**

### Breakfast Menu

**Monday**-Ham, Egg and Cheese on an English Muffin

**Tuesday**-French Toast Sticks with Syrup

**Wednesday**-Pancakes with Syrup

**Thursday**-Breakfast Pizza

**Friday**-French Toast Tornado

Fresh Fruit or juice and Fat Free Milk served daily.

### Monday, August 1

Pepperoni/  
Cheese Pizza  
Baby Carrots  
Tossed Salad  
Low Fat  
Dressing  
Sliced Apples  
Fat Free Milk

### Tuesday, August 2

Roast Turkey and  
Cheese on a Wheat  
Bread  
Lettuce/Tomato  
Pizza Pasta Salad  
Baked Potato Chips  
Carrots/Celery  
Chilled Peaches  
Fat Free Milk

### Wednesday, Aug 3

Chicken Patty on a Wheat  
Roll  
Lettuce/ Tomato  
Baked Tater Tots  
Tossed Salad  
Low Fat Dressing  
Watermelon  
Fat Free Milk

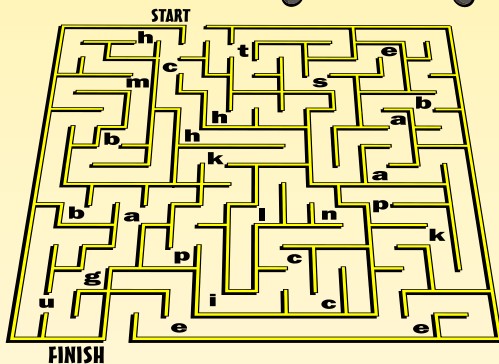
### Thursday, Aug 4

Whole Wheat Pretzel  
Cheese Sauce  
Sweet Corn  
Tossed Salad  
Low Fat  
Dressing  
Chilled Pears  
Fat Free Milk

### Friday, August 5

Baked Ham and  
Cheese on a Wheat  
Roll  
Lettuce/Tomato  
Baked Potato Chips  
Carrots/Celery  
Apple  
Fat Free Milk

**W**hat's the #1 favorite grilled food in America? To find out, trace a path through the maze, collecting letters as you go. Then, rearrange the letters you found on the right path to get the answer!



**ANSWER:**

### Monday, August 8

Pepperoni/  
Cheese Pizza  
Baby Carrots  
Tossed Salad  
Low Fat  
Dressing  
Sliced Apples  
Fat Free Milk

### Tuesday, August 9

Roast Turkey and  
Cheese on a Wheat  
Bread  
Lettuce/Tomato  
Pizza Pasta Salad  
Baked Potato Chips  
Carrots/Celery  
Chilled Peaches  
Fat Free Milk

### Wednesday, Aug 10

Cheeseburger on a  
Wheat Roll  
Lettuce/Tomato  
Onion/Pickle  
Baked Beans  
Baked French Fries  
Tossed Salad  
Low Fat Dressing  
Watermelon  
Fat Free Milk

### Thursday, Aug 11

Chicken Nuggets  
Savory Rice  
Sweet Corn  
Tossed Salad  
Low Fat Dressing  
Chilled Pears  
Fat Free Milk

### Friday, Aug 12

Baked Ham and  
Cheese on a Wheat  
Roll  
Lettuce/Tomato  
Baked Potato Chips  
Carrots/Celery  
Apple  
Fat Free Milk

**This institution is an equal opportunity provider.**

**Beekmantown Central School District Food Services Summer Feeding Program**