

UMASD SUMMMER MEALS

All meals are free for the summer!



ESY and Lift Programs	Monday	Tuesday	Wednesday	Thursday
<p>Breakfast 1% or Fat Free White Milk offered daily V- means Vegetarian</p>	<p>M. Chocolate Chip Muffin-V -or- C. Cereal Cup-V</p> <p>100% Fruit Juice Apple Slices</p>	<p>EC. Warm Scrambled Egg and Cheese on Croissant-V -or- C. Cereal Cup-V</p> <p>100% Fruit Juice Craisins</p>	<p>OB. Blueberry Lemon Oatmeal Bar-V -or- C. Cereal Cup-V</p> <p>100% Fruit Juice Applesauce</p>	<p>P. Warm Mini Pancakes-V -or- C. Cereal Cup-V</p> <p>100% Fruit Juice Orange Slices</p>
<p>Lunch Options with Fruit/Vegetable of the day offered</p> <p>1" White Milk or Fat Free Chocolate Milk offered daily V- means Vegetarian</p>	<p>1. Turkey & Cheese Hoagie -mayo/mustard packet -or- 2. Yogurt Parfait Kit-V -yogurt, cheese stick, granola, and goldfish graham</p> <p>100% Fruit Juice, Raisins, Baby Carrots/Garlic Hummus</p>	<p>1. Popcorn Chicken Garden Salad -romaine, cucumber, tomatoes -or- 2. Walking Nacho Kit-V -Tortilla Chips, 2 Cheese Cup, Salsa, Black Bean Corn Salad</p> <p>100% Fruit Juice, Banana, Cucumber Slices/Ranch Dressing</p>	<p>1. Italian Hoagie (3 Turkey meat combo) made with all Turkey meat -mayo/mustard packet -or- 2. Pizza Lunchable-V -pita bread, cheese cup, marinara sauce</p> <p>100% Fruit Juice, Mixed Fruit Cup, Broccoli Spears/Ranch Dressing</p>	<p>1. Chicken Tender Wrap -mayo/honey mustard dressing -or- 2. Wowbutter and Jelly Uncrustable-V -sunbutter and grape jelly</p> <p>100% Fruit Juice, Apple Slices, Baby Carrots/Brownie Hummus</p>
<p>Served on...</p>	<p>June 29, July 6, July 13, July 20, July 27</p>	<p>June 30, July 7, July 14, July 21, July 28</p>	<p>July 1, July 8, July 15, July 22, July 29</p>	<p>July 2, July 9, July 16, July 23, July 30</p>



This institution is an equal opportunity provider. Menus are subject to change. Questions?-Contact Brittany Frazer at bfrazer@umasd.org or 610-205-8804