

July 5th - July 25th GRAB & GO

MENU - MSE & BES

Meals provided by: East Stroudsburg Area SD Food Services

Distribution Details: Tuesday & Thursday ONLY: 8:30am–11:30am



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/5 BREAKFAST: Pop Tart w/ Juice & Milk LUNCH: Pizza Sweet Garden Peas Diced Pears Milk	7/6 BREAKFAST: Bagel w/ Juice & Milk LUNCH: Hot Dog on a Bun Baked Beans Peach Cup Milk	7/7 BREAKFAST: Pancakes w/ Juice & Milk LUNCH: Yogurt w/Cheese Stick Blueberries Diced Carrots Milk	7/8 BREAKFAST: Breakfast Bar w/Juice & Milk LUNCH: BBQ Cheddar Chicken Wrap Strawberry Cup Green Beans Milk	7/9 BREAKFAST: Banana Bread Slice w/ Juice & Milk LUNCH: Ham & Cheese Sandwich Applesauce Chic Peas Milk	7/10 BREAKFAST: WG Muffin & Crackers w/ Juice & Milk LUNCH: Chicken Salad Sandwich Peach Cup Baby Carrots Milk	7/11 BREAKFAST: Pancake & Sausage Bites w/ Juice & Milk LUNCH: Fish Sticks Golden Corn Diced Peaches Milk
7/12 BREAKFAST: WG Donut Sticks w/ Juice & Milk LUNCH: Hamburger on a Bun Seasoned Peas Mixed Fruit Milk	7/13 BREAKFAST: Breakfast Bar w/ Juice & Milk LUNCH: Hickory Smoked BBQ Rib Sandwich Green Beans Sweet Cherries Milk	7/14 BREAKFAST: Bagel w/ Juice & Milk LUNCH: Grilled Chicken Fajita Wrap w/ Side of Salsa Cranberries Milk	7/15 BREAKFAST: WG Pancakes w/ Juice & Milk LUNCH: Pepperoni & Cheese Sandwich Golden Corn Diced Pears Milk	7/16 BREAKFAST: Blueberry Muffin w/ Juice & Milk LUNCH: Pull Pork BBQ on a Roll Steamed Broccoli Blueberries Milk	7/17 BREAKFAST: Fruit Loop Waffle w/ Juice & Milk LUNCH: Cheeseburger on a Bun Baked Beans Cinnamon Applesauce Milk	7/18 BREAKFAST: French Toast Bites w/ Juice & Milk LUNCH: Chicken Parmesan Wrap Roasted Chic Peas Mixed Berry Cup Milk
7/19 BREAKFAST: Bagel LUNCH: Chicken Fajita Vegetable Medley Mixed Fruit Cup Milk	7/20 BREAKFAST: Pancakes LUNCH: Cheese Pizza Peas Cinnamon Applesauce Milk	7/21 BREAKFAST: WG Chocolate Muffin w/ Crackers LUNCH: BBQ Chicken Cheddar Wrap Green Beans Sweet Cherries Milk	7/22 BREAKFAST: Mini Cinnis LUNCH: Fish Sticks Diced Carrots Fruit Medley Milk	7/23 BREAKFAST: Oatmeal Breakfast Bar LUNCH: Chicken Fiesta Wrap Mixed Vegetables Applesauce Milk	7/24 BREAKFAST: WG Donut Sticks w/ Juice & Milk LUNCH: Hamburger on a Bun Seasoned Peas Mixed Fruit Milk	7/25 BREAKFAST: Pop Tart w/ Juice & Milk LUNCH: Pizza Sweet Garden Peas Diced Pears Milk

Menu Subject to Change

"This institution is an equal opportunity provider"

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6/26/26