

DATE July 2025

Summer Menu

NAME OF CENTER YMCA 751 w 2nd St

MONDAY 14th				TUESDAY 15th			WEDNESDAY 16th			THURSDAY 17th			FRIDAY 18th		
Food Item		3-5yrs	6+ yrs	Food Item		3-5yrs	6+ yrs	Food Item		3-5yrs	6+ yrs	Food Item		3-5yrs	6+ yrs
<u>BREAKFAST:</u> MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Milk Apple Juice Cinnamon Toaster Cereal		1c 1/2c 3/4c	Milk Fruit Punch Juice Apple Jack Cereal		1c 1/2c 3/4c	Milk Orange Juice Scrambled Eggs Toast		1c 1/2c 2ea 1s	Milk Grape Juice Cocoa Puffs Cereal		1c 1/2c 3/4c	Milk Banana (F) Cinnamon Toast (WG)		1c 1ea 1s
<u>A.M. SNACK:</u> CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE															
<u>LUNCH:</u> MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Milk Hamburgers (CN) French Fries Pineapple Bun (WG)		1c 2.5oz 1/2c 1/4c 1ea	Milk Tacos (meat) (HM) Lettuce Pears Beans, Rice and Corn (HM) Tortilla (WG) Cheese		1c 2oz 1c 1/4c 1/2c 1 2oz	Milk Grilled cheese (HM) Applesauce Tator Tots Bread (WG)		1c 2oz 1/4c 1/2c 2s	Milk Chicken & Noodles (HM) Peaches Mashed Potatos Bread and Butter(WG)		1c 8oz 1/4c 1/2c 1s	Milk Turkey Sandwich (CN) Cheese Apple (F) Carrots/Cucumber (F) Bread (WG)		1c 1.5oz .5oz 1/4c 1/2c 2s
	Cereal 1oz = 3/4c														

(F)= Fresh fruit or vegetable
(WG)=Whole grain
(HM)=Homemade
(CN)=Child nutrition label

c=cup
s=slice
sr=serving

Milk 1% unflavored, flavored
ALL MENUS ARE SUBJECT TO CHANGE
This institution is an equal opportunity provider.

CYCLE WEEK 3
updated 05/28/2025