

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 | |
| BREAKFAST: MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD | Milk | | 1c | Milk | | 1c | | Milk | | 1c | | Milk | | 1c | |
| | Apple Juice | | 1/2c | Fruit Punch Juice | | 1/2c | | Orange Juice | | 1/2c | | Grape Juice | | 1/2c | |
| | Cinnamon Toaster Cereal | | 3/4c | Apple Jack Cereal | | 3/4c | | Scrambled Eggs Toast | | 2ea 1s | | Cocoa Puffs Cereal | | 3/4c | |
| A.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE | | | | | | | | | | | | | | | |
| LUNCH: MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER | Milk | | 1c | Milk | | 1c | | Milk | | 1c | | Milk | | 1c | |
| | Hamburgers (CN) | | 2.5oz | Tacos (meat) (HM) | | 2oz | | Grilled cheese (HM) | | 2oz | | Chicken & Noodles (HM) | | 8oz | |
| | French Fries | | 1/2c | Lettuce | | 1c | | Applesauce | | 1/4c | | Peaches | | 1/4c | |
| | Pineapple | | 1/4c | Pears | | 1/4c | | Tator Tots | | 1/2c | | Mashed Potatos | | 1/2c | |
| | Bun (WG) | | 1ea | Beans, Rice and Corn (HM) | | 1/2c | | Bread (WG) | | 2s | | Bread and Butter(WG) | | 1s | |
| | | | | Tortilla (WG) | | 1 | | | | | | | | | |
| | | | | Cheese | | 2oz | | | | | | | | | |
| | 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