

DATE JULY 2025**Summer MENU**NAME OF CENTER YMCA 751 w 2nd St

MONDAY 7th				TUESDAY 8TH				WEDNESDAY 9TH				THURSDAY 10TH				FRIDAY 11TH			
Food Item		6+ yrs		Food Item		6+ yrs		Food Item		6+ yrs		Food Item		6+ yrs		Food Item		6+ yrs	
<u>BREAKFAST:</u>																			
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Milk Fruit Punch Juice Trix Cereal		1c 1/2c 3/4c	Milk Apple Juice Cinnamon Toast Cereal		1c 1/2c 3/4c		Milk Orange Juice Scrambled Eggs		1c 1/2c 2ea		Milk Fruit Punch Juice Coco Puffs Cereal		1c 1/2c 3/4c		Milk Banana Cinnamon Toast (WG)		1c 1ea 1s	
								FIELD TRIP Milk Ham Sandwich Carrots Banana Bread (WG) Cookie		8oz 2oz 1/2c 1e 2s									
<u>Lunch</u>																			
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Milk BBQ Rib Sandwich (CN) Pineapple Corn Bun (WG)		8oz 2oz 1/4c 1/2c 1ea	Milk Goulash (HM) Mixed Fruit Salad (F) Garlic Bread (WG)		8oz 8oz 1/4c 1c 1s		Milk Mac & Cheese (HM) Pears Green Beans Bun (WG) Hot Dog 1ea		8oz 6oz 1/4c 1/2c 1ea 2oz		Milk Chicken Nuggets 5ea Peaches Mashed Potatos Butter Bread (WG) Cottage Cheese		8oz 2oz 1/4c 1/2c 1s 1/4c		Milk Turkey Sandwich Apple Fresh Veggies Bread (WG) Chips/cookies		8oz 2oz 1ea 1/2c 2s	

CYCLE WEEK 2

updated 06/05/2025

(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.