

DATE June 2026**Summer Menu**NAME OF CENTER YMCA, 751 West 2nd St

MONDAY 13th				TUESDAY 14th			WEDNESDAY 15th			THURSDAY 16th			FRIDAY 17th		
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	Milk		8oz	Milk		8oz	Milk		8oz	Milk		8oz	Milk		8oz
JUICE, FRUIT,	Orange Juice		1/2c	Grapes		1/2c	Orange Juice		1/2c	Apple Juice		1/2c	Banana (F)		1ea
VEGETABLE	Apple Jax (WG)		3/4c	Breakfast Pizza (CN)		1ea	Scrambled Eggs		2ea	Cinnamon Toast Crunch (WG)		3/4c	Cinnamon Toast (WG)		1s
GRAIN/ BREAD							Toast (WG)		1s						
<u>A.M. SNACK:</u>															
CHOOSE 2															
MILK, FLUID															
MEAT/MEAT															
ALTERNATE															
GRAIN/ BREAD															
JUICE/FRUIT															
VEGETABLE															
<u>LUNCH:</u>															
MILK, FLUID	Milk		8oz	Milk		8oz	Milk		8oz	Milk		8oz	Milk		8oz
MEAT/MEAT	Milk		8oz	Walking Taco (meat) (HM)		2oz	Grilled cheese (HM)		2oz	Chicken & Noodles (HM)		8oz	Peanut Butter/Jelly		2T
ALTERNATE	Hamburgers (CN)		2.5oz	Lettuce		1c	Applesauce		1/4c	Peaches		1/4c	String Cheese		1ea
1st FRUIT/VEG	French Fries		1/2c	Pears		1/4c	Salad (F)		1c	Mashed Potatos		1/2c	Apple (F)		1/4c
2nd FRUIT/VEG	Pineapple		1/4c	Beans, Rice and Corn (HM)		1/2c	Bread		2s	Bread and Butter		1s	Carrots/Cucumber (F)		1/2c
GRAIN/BREAD	Bun		1ea	Doritos		1bag							Bread		2s
OTHER				Cheese		2oz									

CYCLE WEEK 3

updated 07/12/2026

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

c=cup
 s=slice
 sr=serving

Milk
 1% unflavored, flavored