

DATE June 2025

Summer Menu

NAME OF CENTER YMCA

MONDAY 16th				TUESDAY 17th			WEDNESDAY 18th			THURSDAY 19th			FRIDAY 20th		
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,	Fruit Punch Juice		1/2c	Apple Juice		1/2c	Scrambled Eggs		2ea	Fruit Punch Juice		1/2c	Mandrin Oranges		1/2c
VEGETABLE	Trix Cereal		3/4c	Cinnamon Toast Cereal		3/4c	Orange Juice		1/2c	Coco Puffs Cereal		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	Scrambled Eggs		2ea	Italian Diced Chicken		2oz	Hot Dog		1ea	Chicken Nugget 5ea		2oz	Turkey Sandwich		2oz
ALTERNATE	Pancakes (HM)		2ea	Applesauce		1/4c	Banana		1/4c	Applesauce		1/4c	Apples (F)		1ea
1st FRUIT/VEG	Mandarin Oranges		1/4c	Green Beans		1/2c	Celery/Carrots		1/2c	Mashed Potatos		1/2c	Cucumber/Carrots		1/2c
2nd FRUIT/VEG	Tater tots		1/2c	Tortilla (WG)		1ea	Bun (WG)		1ea	Butter Bread (WG)		1s	Cheese		1s
GRAIN/BREAD													Bun (WG)		1ea
OTHER															
<u>P.M. SNACK:</u>															
CHOOSE 2															
MILK, FLUID															
MEAT/MEAT															
ALTERNATE															
GRAIN/ BREAD															
JUICE/FRUIT															
VEGETABLE															

CYCLE WEEK 4

updated 06/15/25

(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