

DATE July 2026

Summer Menu

NAME OF CENTER YMCA, 751 West 2nd St

MONDAY 6th				TUESDAY 7th			WEDNESDAY 8th			THURSDAY 9th			FRIDAY 10th		
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	Milk	8oz		Milk	8oz			Milk	8oz			Milk	8oz		
JUICE, FRUIT,	Grape Juice	1/2c		Applesauce	1/2c			Scrambled Eggs	2ea			Orange Juice	1/2c		Mandrin Oranges
VEGETABLE	Cocoa Puff (WG)	3/4c		French Toast (CN)	1ea			Orange Juice	1/2c			Apple Jax (WG)	3/4c		Cinnamon Toast (WG)
GRAIN/ BREAD								Toast (WG)	1s						1s
A.M. SNACK:															
CHOOSE 2															
MILK, FLUID															
MEAT/MEAT															
ALTERNATE															
GRAIN/ BREAD															
JUICE/FRUIT															
VEGETABLE															
LUNCH:															
MILK, FLUID	Milk	8oz		Milk	8oz			Milk	8oz			Milk	8oz		
MEAT/MEAT	Pizza (CN)	1ea		Sloppy Joe (HM)	2oz			Corn Dog (PF)	1ea			Chicken Nugget 5ea	2oz		Turkey Wrap (PF)
ALTERNATE	Applesauce	1/4c		Mandarin Oranges	1/4c			Peaches	1/4c			Mixed Fruit	1/4c		Apples (F)
1st FRUIT/VEG	Green Beans	1/2c		Tater tots	1/2c			Corn	1/2c			Mashed Potatos	1/2c		Cucumber/Carrots (F)
2nd FRUIT/VEG								String Cheese	1ea			Butter Bread	1s		Cheese/Lettuce
GRAIN/BREAD															1s
OTHER															1ea
P.M. SNACK:															
CHOOSE 2															
MILK, FLUID															
MEAT/MEAT															
ALTERNATE															
GRAIN/ BREAD															
JUICE/FRUIT															
VEGETABLE															

CYCLE WEEK 4

updated 07/02/2026

(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
ALL MENUS ARE SUBJECT TO CHANGE
 This institution is an equal opportunity provider