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Mon	Tue	Wed	Thu	Fri
<p>3 GB-Cereal (10z) VF- Banana 4oz M- Low-Fat Milk 1 cup</p> <p>Chicken Burger (10z.,4) Apple Salad and Pickles 1% Milk (1c)</p>	<p>4</p> 	<p>5 GB- Burrito (5 oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup</p> <p>Hot dog (1.6 z meat, 4oz bread) Chili (10z.) Orange (1/2c) Carrots (1/2c) 1% Milk (1c)</p>	<p>6 GB- Pigs in a Blanket 2oz VF- Apple 4oz M- Low-Fat Milk 1 Cup</p> <p>Bologna Sandwich (2oz, 4oz bread) Apple Sauce (1/2c) Salad (1/2c) 1% Milk (1c)</p>	<p>7 GB-Muffin (2oz) VF- Apple Sauce 4oz M- Low-Fat Milk 1 Cup</p> <p>PB Jelly Sandwich (2oz peanut butter, 1 slice bread) Peaches (1/2c) Carrots (1/2c) 1% Milk (1c) 1oz cheese stick</p>
<p>10 GB-Cereal (10z) VF- Banana 4oz M- Low-Fat Milk 1 cup</p> <p>Chicken Burger (10z.,4) Apple Salad and Pickles 1% Milk (1c)</p>	<p>11 GB-Muffin (2oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup</p> <p>Hamburger Peaches (1/2c) Salad and Pickles 1% Milk (1c)</p>	<p>12 GB- Burrito (5 oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup</p> <p>Hot dog (1.6 z meat, 4oz bread) Chili (10z.) Orange (1/2c) Carrots (1/2c) 1% Milk (1c)</p>	<p>13 GB- Pigs in a Blanket 2oz VF- Apple 4oz M- Low-Fat Milk 1 Cup</p> <p>Bologna Sandwich (2oz, 4oz bread) Apple Sauce (1/2c) Salad (1/2c) 1% Milk (1c)</p>	<p>14 GB-Muffin (2oz) VF- Apple Sauce 4oz M- Low-Fat Milk 1 Cup</p> <p>PB Jelly Sandwich (2oz peanut butter, 1 slice bread) Peaches (1/2c) Carrots (1/2c) 1% Milk (1c) 1oz cheese stick</p>
<p>17 GB-Cereal (10z) VF- Banana 4oz M- Low-Fat Milk 1 cup</p> <p>Chicken Burger (10z.,4) Apple Salad and Pickles 1% Milk (1c)</p>	<p>18 GB-Muffin (2oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup</p> <p>Hamburger Peaches (1/2c) Salad and Pickles 1% Milk (1c)</p>	<p>19 GB- Burrito (5 oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup</p> <p>Hot dog (1.6 z meat, 4oz bread) Chili (10z.) Orange (1/2c) Carrots (1/2c) 1% Milk (1c)</p>	<p>20 GB- Pigs in a Blanket 2oz VF- Apple 4oz M- Low-Fat Milk 1 Cup</p> <p>Bologna Sandwich (2oz, 4oz bread) Apple Sauce (1/2c) Salad (1/2c) 1% Milk (1c)</p>	<p>21 GB-Muffin (2oz) VF- Apple Sauce 4oz M- Low-Fat Milk 1 Cup</p> <p>PB Jelly Sandwich (2oz peanut butter, 1 slice bread) Peaches (1/2c) Carrots (1/2c) 1% Milk (1c) 1 oz cheese stick</p>
<p>24 GB-Cereal (10z) VF- Banana 4oz M- Low-Fat Milk 1 cup</p> <p>Chicken Burger (10z.,4) Apple Salad and Pickles 1% Milk (1c)</p>	<p>25 GB-Muffin (2oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup</p> <p>Hamburger Peaches (1/2c) Salad and Pickles 1% Milk (1c)</p>	<p>26 GB- Burrito (5 oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup</p> <p>Hot dog (1.6 z meat, 4oz bread) Chili (10z.) Orange (1/2c) Carrots (1/2c) 1% Milk (1c)</p>	<p>27 GB- Pigs in a Blanket 2oz VF- Apple 4oz M- Low-Fat Milk 1 Cup</p> <p>Bologna Sandwich (2oz, 4oz bread) Apple Sauce (1/2c) Salad (1/2c) 1% Milk (1c)</p>	<p>28 GB-Muffin (2oz) VF- Apple Sauce 4oz M- Low-Fat Milk 1 Cup</p> <p>PB Jelly Sandwich (2oz peanut butter, 1 slice bread) Peaches (1/2c) Carrots (1/2c) 1% Milk (1c) 1 oz cheese stick</p>
<p>31 GB-Cereal (10z) VF- Banana 4oz M- Low-Fat Milk 1 cup</p> <p>Chicken Burger (10z.,4) Apple Salad and Pickles 1% Milk (1c)</p>	<p>Meat 10z= one serving Fruit 3/4 cup= one serving Vegetable 3/4 cup= one serving</p>	<p>Milk 8 oz., 1 cup= one serving Bread 1 slice/3/4 oz., 1 oz., 1/2 cup = one serving 8 oz.= 1 cup 6 oz.=3/4 cup 4 oz.=1/2 cup</p>		

Free Summer Meal Program Menu for 2017