

August



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>Lunch: Turkey and cheese sandwich on WG bread, banana and cherry tomatoes Snack: Grapes & cheese cubes</p>	<p style="text-align: right;">3</p> <p>Lunch: Strawberry yogurt, WG blueberry muffin, berries, celery and sunbutter Snack: Apple & WG pretzel</p>	<p style="text-align: right;">4</p> <p>Lunch: Chicken Caesar wrap with carrots and clementine Snack: Pear & WG Goldfish</p>	<p style="text-align: right;">5</p> <p>Lunch: Snack pack! WG Sun Chips, cheese stick, apple slices, hummus and snap peas Snack: Broccoli, ranch & WG triscuits</p>	<p style="text-align: right;">6</p> <p>Lunch: Burger on WG bun with LTO, cucumber and watermelon Snack: Orange slices & WG tortilla chips</p>
<p style="text-align: right;">9</p> <p>Lunch: Ham and cheese sandwich on WG bun with banana and cherry tomatoes Snack: Applesauce & WG Graham crackers</p>	<p style="text-align: right;">10</p> <p>Lunch: Black bean salsa with WG tortilla chips, cheese stick, apple slices and pepper slices Snack: Grapes & WG wheat thins</p>	<p style="text-align: right;">11</p> <p>Lunch: Grilled chicken sandwich with LTO and honey mustard, with carrots and clementine Snack: Strawberry yogurt & berries</p>	<p style="text-align: right;">12</p> <p>Lunch: Snack pack! WG cinnamon Chex, popcorn, Craisins, cucumber slices & cheese cubes Snack: Cantaloupe & WG rice cake</p>	<p style="text-align: right;">13</p> <p>Lunch: Make your own pizza! WG flatbread, sauce, cheese, watermelon slice and mixed vegetables Snack: WG banana muffin & clementine</p>
<p style="text-align: right;">16</p> <p>Lunch: Deli combo sandwich on WG bun with banana and cherry tomatoes Snack: WG wheat thins & raisins</p>	<p style="text-align: right;">17</p> <p>Lunch: WG Goldfish, grapes, celery, sunbutter & cheese cubes Snack: Cucumber slices & tortilla chips</p>	<p style="text-align: right;">18</p> <p>Lunch: Cajun chicken wrap with lettuce and ranch, served with carrots and clementine Snack: WG pretzel nuggets, mustard & cantaloupe</p>	<p style="text-align: right;">19</p> <p>Lunch: Snack pack! Lemon & garlic hummus with snap peas, orange slices, triscuits & cheese squares Snack: Apple & blueberry muffin</p>	<p style="text-align: right;">20</p> <p>Lunch: Chicken nuggets, WG dinner roll, corn and watermelon Snack: WG Goldfish & carrots</p>
<p style="text-align: right;">23</p> <p>Lunch: Turkey and cheese sandwich on WG bread, banana and cherry tomatoes Snack: Grapes & cheese cubes</p>	<p style="text-align: right;">24</p> <p>Lunch: Strawberry yogurt, WG blueberry muffin, berries, celery and sunbutter Snack: Apple & WG pretzel</p>	<p style="text-align: right;">25</p> <p>Lunch: Chicken Caesar wrap with carrots and clementine Snack: Pear & WG Goldfish</p>	<p style="text-align: right;">26</p> <p>Lunch: Snack pack! WG wheat thins, cheese stick, apple slices, hummus and snap peas Snack: Broccoli, ranch & WG triscuits</p>	<p style="text-align: right;">27</p> <p>Lunch: Burger on WG bun with LTO, cucumber and watermelon Snack: Orange slices & WG tortilla chips</p>

The USDA is an equal opportunity provider. Water and low-fat milk are offered at every meal. Menu is subject to change based on availability.

With questions or allergy concerns, please contact Maggie Lynch, Director of Nutrition Services at (508) 879-4420 x286 or maggielynch@metrowestymca.org