

Monday	Tuesday	Wednesday	Thursday	Friday
28 Lunch: Ham and cheese sandwich on WG bun with banana and cherry tomatoes Snack: Applesauce & WG graham crackers	29 Lunch: Black bean salsa with WG tortilla chips, cheese stick, apple slices and pepper slices Snack: Apple WG wheat thins	30 Lunch: Grilled chicken sandwich with LTO and honey mustard, with carrots and clementine Snack: Strawberry yogurt & berries	1 Lunch: Snack pack! WG cinnamon Chex, popcorn, Craisins, cucumber slices & cheese cubes Snack: Cantaloupe & WG Rice cake	2 Lunch: Make your own pizza! WG flatbread, sauce, cheese, watermelon slice and mixed vegetables Snack: WG banana muffin & clementine
5 Lunch: Deli combo sandwich on WG bun with banana and cherry tomatoes Snack: WG wheat thins & raisins	6 Lunch: WG Goldfish, grapes, celery, sunbutter & cheese cubes Snack: Cucumber slices & WG tortilla chips	7 Lunch: Cajun chicken wrap with lettuce and ranch, served with carrots and clementine Snack: WG pretzel nuggets, mustard & cantaloupe	8 Lunch: Snack pack! Lemon & garlic hummus with snap peas, orange slices, triscuits & cheese squares Snack: Apple & WG banana muffin	9 Lunch: Chicken nuggets, WG dinner roll, corn and watermelon Snack: WG Goldfish & carrots
12 Lunch: Turkey and cheese sandwich on WG bread, banana and cherry tomatoes Snack: Grapes & cheese cubes	13 Lunch: Strawberry yogurt, WG blueberry muffin, berries, celery and sunbutter Snack: Apple & WG pretzel with mustard nacket	14 Lunch: Chicken Caesar wrap with carrots and clementine Snack: Pear & WG Goldfish	15 Lunch: Snack pack! WG wheat thins, cheese stick, apple slices, hummus and snap peas Snack: Broccoli, ranch & WG triscuits	16 Lunch: Burger on WG bun with LTO, cucumber and watermelon Snack: orange slices & WG tortilla chips
19 Lunch: Ham and cheese sandwich on WG bun with banana and cherry tomatoes Snack: Applesauce & WG graham crackers	20 Lunch: Black bean salsa with WG tortilla chips, cheese stick, apple slices and pepper slices Snack: Apple WG wheat thins	21 Lunch: Grilled chicken sandwich with LTO and honey mustard, with carrots and clementine Snack: Strawberry yogurt & berries	22 Lunch: Snack pack! WG cinnamon Chex, popcorn, Craisins, cucumber slices & cheese cubes Snack: Cantaloupe & WG Rice cake	23 Lunch: Make your own pizza! WG flatbread, sauce, cheese, watermelon slice and mixed vegetables Snack: WG banana muffin & clementine
26 Lunch: Deli combo sandwich on WG bun with banana and cherry tomatoes Snack: WG wheat thins & raisins	27 Lunch: WG Goldfish, grapes, celery, sunbutter & cheese cubes Snack: Cucumber slices & WG tortilla chips	28 Lunch: Cajun chicken wrap with lettuce and ranch, served with carrots and clementine Snack: WG pretzel nuggets, mustard & cantaloupe	29 Lunch: Snack pack! Lemon & garlic hummus with snap peas, orange slices, triscuits & cheese squares Snack: Apple & WG banana muffin	30 Lunch: Chicken nuggets, WG dinner roll, corn and watermelon Snack: WG Goldfish & carrots

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