

July, WSYMCA,

The USDA is an equal opportunity provider. Low-fat milk and water are offered at all meals. WG= whole grain. Menu items are subject to change based on availability. If you have any questions, please email Maggie Lynch, Director of Nutrition Services at mlynch2@metrowestymca.org

Monday	Tuesday	Wednesday	Thursday	Friday
27 Lunch: Turkey, cheese & shredded lettuce on WG roll, cherry tomatoes & orange Snack: WG Sunchips & pear	28 Lunch: WG Teddy grahams, strawberry yogurt, cucumbers, cantaloupe & chees stick Snack: Carrots & hummus	29 Lunch: Chicken & veggie lo Mein with apple Snack: Plum & WG triscuits	30 Lunch: WG wheat thins, cheese cubes, salami, grapes & carrots Snack: Banana & WG Goldfish	1 Lunch: Cheese & bean quesadilla, mixed veggies & apple slices Snack: Yogurt parfait (mango & vanilla yogurt)
4 CLOSED!	5 Lunch: WG Goldfish, honeydew melon, cheese stick, strawberry yogurt, pepper slices Snack: Cucumber slices & hummus	6 Lunch: Chickpea Caprese pesto salad & orange slices Snack: WG muffin & applesauce	7 Lunch: WG cinnamon Chex, popcorn, raisins, celery, sunbutter & cheese cubes Snack: Pineapple cup & WG Teddy Grahams	8 Lunch: Turkey burger on WG bun, garden salad & watermelon slice Snack: Bagel, cream cheese & banana
11 Lunch: Sunbutter & jelly on WG bread, cherry tomatoes & pear Snack: Granny smith apple & WG graham crackers	12 Lunch: WG muffin, carrot sticks, Vanilla yogurt parfait with berries & granola Snack: Cheese cubes & banana	13 Lunch: Arroz con pollo bowl with mango salsa & corn Snack: Celery & sunbutter	14 Lunch: WG Sunchips, Cheese stick, orange slices, snap peas & hummus Snack: Watermelon & WG rice cakes	15 Lunch: Grilled chicken sandwich with LTO, carrots & apple slices Snack: Grapes & WG Goldfish
18 Lunch: Ham and cheese on WG bun, banana, & green beans Snack: WG popcorn & pear	19 Lunch: Peach salsa, WG tortilla chips, cheese stick, cucumber slices & hummus Snack: Clementine & WG wheat thins	20 Lunch: Veggie pasta salad, cheese cubes, apple Snack: WG strawberry shredded wheat & pineapple cup	21 Lunch: WG soft pretzel, cheese sauce, baby carrots, honeydew Snack: Apple slices & sunbutter	22 Lunch: BBQ pulled chicken on WG bun with coleslaw & watermelon slice Snack: Fruit salad & WG rice cakes
25 Lunch: Turkey, cheese & shredded lettuce on WG roll, cherry tomatoes & orange Snack: WG Sunchips & pear	26 Lunch: WG Teddy grahams, strawberry yogurt, cucumbers, cantaloupe & chees stick Snack: Carrots & hummus	27 Lunch: Chicken & veggie lo Mein with apple Snack: Plum & WG triscuits	28 Lunch: WG wheat thins, cheese cubes, salami, grapes & carrots Snack: Banana & WG Goldfish	29 Lunch: Cheese quesadilla, mixed veggies & apple slices Snack: Yogurt parfait (mango & vanilla yogurt)

