

Pepper slices w/ hummus

WG Sunchips

Grapes

Cheese Stick

Cheese & bean quesadilla, corn salsa, & pineapple

Grilled chicken sandwich with   
lettuce, tomato, onion, corn, and honeydew melon

**Lunch:** WG meatball sub, green beans & clementine

**Snack:** WG popcorn & apple slices

WG soft pretzel

Cheese stick

Cucumbers & hummus

pear

**No Program**

Pizza Kit!

WG Flatbread, sauce, cheese & mixed vegetable, banana

Cantaloupe

WG Graham Crackers

Low-fat yogurt

Cucumber slices

Cheese cubes

**Lunch**: Chicken nuggets, WG   
dinner roll, corn & applesauce

**Snack**: WG banana muffin &   
orange slices

Turkey burger slider on WG bun,  
 mixed vegetables & apple slices

WG Cheerios

Craisins

Celery

Sunbutter

Cheese Stick

**Lunch:** WG pasta salad with   
veggies, sliced grilled chicken &   
cantaloupe

**Snack**: Banana & yogurt

Orange slices

WG wheat thins

Cucumber slices w/ hummus

Cheese cubes

Turkey and Cheese sandwich on WG bun with carrot sticks & an apple

Cheese & bean quesadilla, bean salsa, & pineapple

**JUNE 2022**

WSYMCA OST

Sunbutter & jelly sandwich on WG bread, apple & baby carrots

Grilled chicken sandwich with   
lettuce, tomato, onion, corn, and honeydew melon

**Have a**

**safe and**

**healthy**

**Lunch:** WG meatball sub, green beans & clementine

**Snack:** WG popcorn & apple slices

**summer!!**