

**Breakfast**: WG Pancakes & Mixed Fruit

**Lunch:** Chicken nuggets, WG dinner roll, pepper slices & applesauce

**PM Snack:** cheese stick & orange slices

**Breakfast**: WG Chex & Pineapple

**Lunch:** Sunbutter and Jelly sandwich on WG Bread (cheese sandwich for kids <4 years) w/ an apple & carrots

**PM Snack:** Berries & WG muffin

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 RDN LDN, Director of Nutrition Services at maggielynch@metrowestymca.org

**Breakfast** WG Bagel w/ cream cheese & Applesauce

**Lunch:** Cheese quesadilla

corn & watermelon

**PM Snack**: Banana & WG Muffin

**Breakfast:** WG Kix & Pineapple

**Lunch:** Honeydew melon, cheese cubes, wheat thins, low-fat yogurt &pepper slices

**PM Snack**: WG Sunchips & pear

**Breakfast**: WG Waffles &  
 Mixed Fruit

**Lunch:** Mixed veggies, chicken strips, WG dinner roll & orange slices

**PM Snack:**

hummus & carrots sticks

**Breakfast**: WG Cheerios & Peaches

**Lunch:** WG Spaghetti and turkey   
meatballs, steamed green beans  
 & clementine

**PM Snack**: WG soft pretzel nuggets & banana

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**Breakfast**: WG French Toast   
& Applesauce

**Lunch:** Pizza with broccoli, &   
clementine

**PM Snack:** Fruit salad & WG Wheat Thins

**Breakfast**: WG Kix & banana

**Lunch:** Cantaloupe, WG Graham   
crackers, low-fat yogurt, cucumber slices, cheese cubes

**PM Snack**: Apple slices & WG rice cake

**Breakfast** WG Cheerios & Peaches

**Lunch:** WG Mac N’ Cheese with BBQ chicken & peas, pear slices

**PM Snack**: Banana & WG Goldfish

**Breakfast**: WG French Toast & Applesauce

**Lunch:** Turkey Burger slider on WG bun, mixed vegetables & apple slices

**Snack:** WG tortilla chips & fruit salad

**Breakfast:** WG Kix & Pineapple

**Lunch:** WG Grilled Cheese & pepper slices, honeydew melon

**PM Snack**: WG soft pretzel & pear

**Breakfast:** WG Waffles & Mixed Fruit

**Lunch**: WG Fish Sticks, WG Cornbread, steamed green beans & orange slices

**PM Snack:** Strawberry Slices and low-fat yogurt

**Breakfast:** WG Cheerios & Peaches

**Lunch:** WG rotini with chicken, steamed broccoli w/alfredo sauce & cantaloupe

**PM Snack:** WG Graham Crackers & Applesauce

**Breakfast:** WG Chex & banana

**Lunch:** Turkey and Cheese sandwich on WG bun with cucumber slices & an apple

**PM Snack:** clementine &cheese cube

**Breakfast** WG Bagel w/ cream cheese & Applesauce

**Lunch:** Cheese quesadilla

corn & Watermelon

**PM Snack**: Clementine & WG Muffin

**JUNE 2022**

Preschool Menu

**Breakfast:** WG Kix & Pineapple

**Lunch:** Honeydew melon, cheese cubes, wheat thins, low-fat yogurt &pepper slices

**PM Snack**: WG Sunchips & pear

Have a

happy, healthy

Summer!!

**Breakfast**: WG Pancakes &  
 Mixed Fruit

**Lunch:** Stir fry veggies and chicken, brown rice & orange slices

**PM Snack:**

WG Goldfish & apple