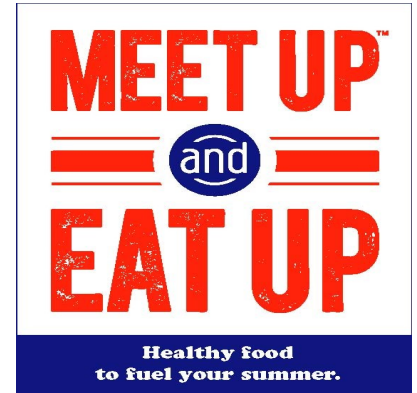


# NUTRITIOUS SUMMER MEALS FREE FOR KIDS AND TEENS Food That's In When School Is Out



## WEEK 1

**Snack may consist of: A whole grain item & 100% Juice**

● MONDAY ●	● TUESDAY ●	● WEDNESDAY ●	● THURSDAY ●
Mini Cinnamon Bagel Stick	Pancake & Sausage Bites	Strawberry Boli	Cinnamon French Toast
Chicken Nuggets Crinkle Cut Fries Cooked Carrots Fresh Apple Ice Cold Milk	Beef Taco Vegetarian Refried Beans Tostito Chips & Salsa Pineapple Spear Ice Cold Milk	Cheeseburger w/ Bun Potato Wedges Watermelon Chunks Fruit Juice Gel Ice Cold Milk	Stuffed Crust Pepperoni Pizza Green Beans Fresh Kiwi Doritos Ice Cold Milk

## WEEK 2

● MONDAY ●	● TUESDAY ●	● WEDNESDAY ●	● THURSDAY ●
Confetti Pancakes	Chicken Biscuit Sandwich	Breakfast Wrap	Mini Maple Waffles
Chicken Patty w/ Bun Crinkle Cut Fries Cooked Carrots Fresh Apple Ice Cold Milk	Beef Nachos Vegetarian Refried Beans Tostito Chips & Salsa Pineapple Spear Ice Cold Milk	BBQ Rib Sandwich Potato Wedges Watermelon Chunks Fruit Juice Gels Ice Cold Milk	Cheesy Breadsticks w/ Marinara Green Beans Fresh Kiwi Doritos Ice Cold Milk

Menus Subject to Change.

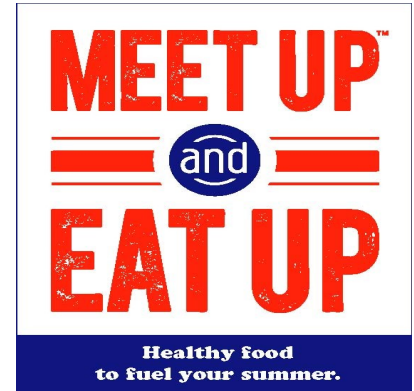
**FOR MORE INFORMATION CALL:**  
Grand Rapids Public Schools, Nutrition Services - 616-819-2135

The USDA Food and Nutrition Service prohibits discrimination based on race, color, national origin, age, sex, or disability, in program access and delivery. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice or TDD).

**"USDA is an equal opportunity provider and employer."**

# NUTRITIOUS SUMMER MEALS FREE FOR KIDS AND TEENS

Food That's In When School Is Out



**BREAKFAST** *Snack may consist of: A whole grain item & 100% Juice*

● MONDAY ●	● TUESDAY ●	● WEDNESDAY ●	● THURSDAY ●	● FRIDAY ●
Cereal, variety Appleway Bar Tropical Fruit Mix Fruit Juice Ice Cold Milk	Muffin Peaches Fruit Juice Ice Cold Milk	Banana Chocolate Benefit Bar Applesauce Cup Fruit Juice Ice Cold Milk	Banana Bread Diced Pears Fruit Juice Ice Cold Milk	Cereal, variety Goldfish Cinnamon Grahams Mandarin Oranges Fruit Juice Ice Cold Milk

**LUNCH**

● MONDAY ●	● TUESDAY ●	● WEDNESDAY ●	● THURSDAY ●	● FRIDAY ●
Turkey Bacon Sandwich Baby Carrots w/ Ranch Fruit Juice Gel Doritos Ice Cold Milk	Taco Salad (Beef Taco Meat, Cheese, Tomatoes, Lettuce w/ Ranch) Salsa Chili Cheese Fritos Clementine Ice Cold Milk	Italian Pesto Flatbread Sandwich Grape Tomatoes w/ Ranch Fresh Kiwi Chocolate Chip Cookie Ice Cold Milk	Turkey Ham & Cheese On a Bun Salsa Apple Slices Tostitos Tortilla Chips Ice Cold Milk	Pizza Kit Celery Sticks w/ Ranch Fresh Grapes Animal Crackers Ice Cold Milk

**FOR MORE INFORMATION CALL:**  
Grand Rapids Public Schools, Nutrition Services - 616-819-2135

The USDA Food and Nutrition Service prohibits discrimination based on race, color, national origin, age, sex, or disability, in program access and delivery. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice or TDD).  
"USDA is an equal opportunity provider and employer."