

# Summer Food Service Program Menu 2020

## Community Action Program Belknap-Merrimack Counties, Inc.

### WEEK 1

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b><u>Breakfast</u></b> Whole Grain Cereal 100% Juice 1% Milk</p> <p><b><u>Lunch</u></b> Ham &amp; Cheese on WG Bun Carrots Fruit Pretzels 1% Milk</p>	<p><b><u>Breakfast</u></b> Whole Grain Pop tart 100% Juice 1% Milk</p> <p><b><u>Lunch</u></b> Turkey &amp; Cheese on WG Bread 3 Bean Salad Goldfish Fruit 1% Milk</p>	<p><b><u>Breakfast</u></b> Whole Grain Bagel Cream Cheese 100% Juice 1% Milk</p> <p><b><u>Lunch</u></b> Chicken Nuggets Cucumbers Ranch Dressing Dinner Roll Fruit 1% Milk</p>	<p><b><u>Breakfast</u></b> Whole Grain Muffin 100% Juice 1% Milk</p> <p><b><u>Lunch</u></b> Pretzel w/Cheese Strawberry Gogurt Celery Sticks Fruit 1% Milk</p>	<p><b><u>Friday</u></b> Whole Grain Cereal 100% Juice 1% Milk</p> <p><b><u>Lunch</u></b> Bologna &amp; Cheese on WG Bun Pretzels Carrots Fruit 1% Milk</p>
<b>WEEK 2</b>				
<p><b><u>Breakfast</u></b> Whole Grain Cereal 100% Juice 1% Milk</p> <p><b><u>Lunch</u></b> Corn Dog Snap Peas Ranch Dressing Fruit Goldfish 1% Milk</p>	<p><b><u>Breakfast</u></b> Whole Grain Pancakes 100% Juice 1% Milk</p> <p><b><u>Lunch</u></b> Pepperoni, Cheese &amp; Crackers Broccoli Ranch Dressing Fruit Animal Crackers 1% Milk</p>	<p><b><u>Breakfast</u></b> Whole Grain Bagel Cream Cheese 100% Juice 1% Milk</p> <p><b><u>Lunch</u></b> Chicken Salad on WG Bun Celery Sticks Fruit Pretzel 1% Milk</p>	<p><b><u>Breakfast</u></b> Whole Grain Muffin 100% Juice 1% Milk</p> <p><b><u>Lunch</u></b> Chicken Sandwich on WG Bun Lettuce/Tomato Animal Crackers Fruit 1% Milk</p>	<p><b><u>Breakfast</u></b> Whole Grain Cereal 100% Juice 1% Milk</p> <p><b><u>Lunch</u></b> Lunchable Pizza Cucumbers Ranch Dressing Fruit Cookie 1% Milk</p>