

# Summer Food Service Program Menu 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal 100% Juice 1% Milk	Whole Grain Pancakes Or Waffles Fruit Cocktail 1% Milk	Whole Grain Bagel Cream Cheese 100% Juice 1% Milk	Whole Grain Muffin Diced Peaches 1% Milk	Whole Grain Cereal Mandarin Oranges 1% Milk
Lunchable Pizza Turkey Pepperoni Carrots Ranch Dressing Animal Crackers Apple 1% Chocolate Milk	Pasta Salad with Assorted Vegetables Cheese Stick Pear Strawberry Go-gurt 1% Chocolate Milk	Turkey & Cheese on Whole Grain Bun Cucumbers Ranch Dressing Plum Whole Grain Sun Chips 1% Chocolate Milk	Chicken Salad on Whole Grain Bun Celery Ranch Dressing Watermelon Cheese Stick 1% Chocolate Milk	Chef's Salad w/ Ham & Cheese ½ Hard Boiled Egg Ranch Dressing Whole Grain Roll Apple Goldfish Crackers 1% Chocolate Milk

**\*Menu is subject to change without notice\***

...AND JUSTICE FOR ALL

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter

must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **Mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **Fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

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