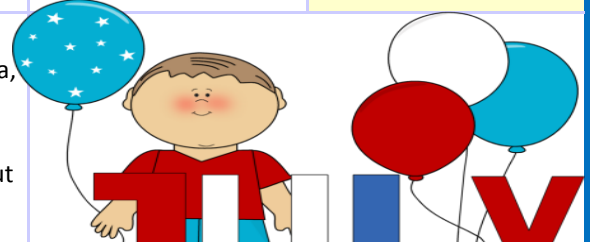


Community Action Planning Council - Summer Food Service Program Menu

~ July 2014 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lunch: Bologna Wrap, Celery Sticks, Mandarin Oranges Snack: Crackers, Apple Juice	2 Lunch: Ham & Cheese Sub, Cucumbers, Fresh Peaches, String Cheese Snack: Muffin, Grape Juice	3 Lunch: Egg Salad in Pita, Celery Sticks, Applesauce Snack: Crackers, Peanut Butter, Raisins	4 No Meals Independence Day	5
6	7 Lunch: Bologna Sub, Green Pepper & Celery Sticks, Fresh Peaches Snack: Graham Crackers, Cran-Apple Juice	8 Lunch: Chef Salad, Cool Surprise, Fruit Mixture Snack: Raisin Bread, Pineapple Juice	9 Lunch: Peanut Butter & Jelly Sandwich, Cheese Cubes, Carrot Sticks, Fresh Pears Snack: Cereal, Milk	10 Lunch: Turkey Wrap, Celery Sticks, Apple, String Cheese Snack: Muffin, Grape Juice	11 Lunch: Ham & Cheese Sub, Pickles, Banana Snack: Celery with Peanut Butter Crackers	12
13	14 Lunch: Ham & Cheese Wrap, Green Peppers with Dip, Banana Snack: Cookie, Orange Juice	15 Lunch: Egg Salad in Pita, Carrot Sticks, Fresh Peaches Snack: Muffin, Grape Juice	16 Lunch: Bologna on Bun, Pickles, Apple Snack: Crackers, Applesauce	17 Lunch: Turkey Sandwich, Celery Sticks, Mixed Fruit Snack: Graham Crackers, Peanut Butter, Raisins	18 Lunch: Peanut Butter & Jelly, Carrot Sticks, Cheese, Applesauce Snack: Cheese, Crackers, Pepperoni	19
20	21 Lunch: Egg Salad in Pita, Tossed Salad, Orange Snack: Graham Crackers, Pineapple Juice	22 Lunch: Turkey & Cheese on Bun, Celery Sticks, Pineapple Snack: Cheese, Pepperoni, Crackers	23 Lunch: Ham Subs, Baby Carrots, Pears Snack: Crackers, Peanut Butter, Raisins	24 Lunch: Peanut Butter & Jelly Sandwich, Green Peppers, Apple Snack: Muffin, Fruit Juice	25 Lunch: Bologna Sandwich, Cucumber Slices, Fruit Snack: Cookie, Fruit Juice	26
27	28 Lunch: Turkey & Cheese Sandwich, Carrot Sticks, Fresh Pears Snack: Graham Crackers, Orange Juice	29 Lunch: Bologna Wrap, Celery Sticks, Mandarin Oranges Snack: Crackers, Apple Juice	30 Lunch: Ham & Cheese Sub, Cucumbers, Fresh Peaches, String Cheese Snack: Muffins, Grape Juice	31 Lunch: Egg Salad in Pita, Celery Sticks, Applesauce Snack: Crackers, Peanut Butter, Raisins		

Menu items subject to change, depending on availability of products, such as fresh fruits or vegetables.

Milk is served with lunch. Breakfast available at some sites. Breakfast menu includes assorted cereal, fruit or fruit juice, milk. On occasion, muffins will be served in place of cereal.