

Site: Saginaw YMCA
 Month: June 2019



MISSION NUTRITION Menu

	Monday 6/3/2019	Tuesday 6/4/2019	Wednesday 6/5/2019	Thursday 6/6/2019	Friday 6/7/2019	Saturday 6/8/2019
Lunch/Supper: -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Banana -Carrots w/ Hummus -W.W Wrap	-Low Fat Milk -Wow Butter & Jelly -String Cheese -Strawberries -Cucumbers -W.G. Bread	-Low Fat Milk -Beans with Shredded Cheese -Raspberry Yogurt -Salsa and Peppers -Tortilla Chips	-Low Fat Milk -Pinto Beans -Shredded Cheese -Oranges -Celery w/ Wow Butter -W.W. Wrap	-Low Fat Milk -Shredded Chicken -Cheese -Grapes -Carrots -W.G. Bread	-Low Fat Milk -Beans with Shredded Cheese -Melon -Salsa and Peppers -Tortilla Chips
	Monday 6/10/2019	Tuesday 6/11/2019	Wednesday 6/12/2019	Thursday 6/13/2019	Friday 6/14/2019	Saturday 6/15/2019
	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Banana -Peppers -W.W Wrap	-Low Fat Milk -Pinto Beans -Shredded Cheese -Oranges -Cucumbers -W.W. Wrap	-Low Fat Milk -Beans with Shredded Cheese -Raspberry Yogurt -Salsa and Mini Peppers -Tortilla Chips	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Oranges -Cucumbers -W.G. Bread	-Low Fat Milk -Shredded Chicken -Cheese -Grapes -Carrots -W.G. Bread	-Low Fat Milk -Beans with Shredded Cheese -Melon -Salsa and Peppers -Tortilla Chips

KEY: W.W.: Whole Wheat, W.G.: Whole Grain, Wow Butter = Soy Based substitute for Peanut Butter

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MISSION NUTRITION Menu

	Monday 6/17/2019	Tuesday 6/18/2019	Wednesday 6/19/2019	Thursday 6/20/2019	Friday 6/21/2019	Saturday 6/22/2019
Lunch/Supper: -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Banana -Carrots w/ Hummus -W.W Wrap	-Low Fat Milk -Wow Butter & Jelly -String Cheese -Grapes -Cucumbers -W.G. Bread	-Low Fat Milk -Beans with Shredded Cheese -Raspberry Yogurt -Salsa and Peppers -Tortilla Chips	-Low Fat Milk -Pinto Beans -Shredded Cheese -Apples w/ Wow Butter -Celery -W.W. Wrap	-Low Fat Milk -Shredded Chicken -Cheese -Applesauce -Carrots -W.G. Bread	NO MEALS SERVED
Snack: (2 of the 5 below) -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains	-Water -Strawberries -W.G. Graham Crackers	-Water -Salsa -Peppers -W.G. Tortilla Chips	-Water -Raspberry Yogurt -Cucumbers	-Water -String Cheese -Banana	-Water -Melon Cubes -Cauliflower	NO MEALS SERVED

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MISSION NUTRITION Menu

	Monday 6/24/2019	Tuesday 6/25/2019	Wednesday 6/26/2019	Thursday 6/27/2019	Friday 6/28/2019	Saturday 6/29/2019
Lunch/Supper: -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	-Low Fat Milk -Beans with Shredded Cheese -Raspberry Yogurt -Salsa and Peppers -Tortilla Chips	-Low Fat Milk -Pinto Beans -Shredded Cheese -Melon -Celery w/ Wow Butter -W.W. Wrap	-Low Fat Milk -Beans with Shredded Cheese -Raspberry Yogurt -Salsa and Peppers -Tortilla Chips	-Low Fat Milk - Turkey Lunch Meat with Sliced Cheese -Strawberries -Cucumbers -W.G. Bread	-Low Fat Milk -Shredded Chicken -Cheese -Applesauce -Carrots -W.G. Bread	NO MEALS SERVED
Snack: (2 of the 5 below) -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains	-Water -Apple -Celery w/ Wow Butter	-Water -Blueberry Yogurt -W.G. Graham Crackers	-Water -String Cheese -Watermelon	-Water -Salsa -Peppers W.G. Tortilla Chips	-Water -Blueberries & Strawberries -Cucumbers	NO MEALS SERVED

KEY: W.W.: Whole Wheat, W.G.: Whole Grain, Wow Butter = Soy Based substitute for Peanut Butter