

Site: Saginaw YMCA  
 Month: May 2019



## MISSION NUTRITION Menu

	<b>Monday 5/6/2019</b>	<b>Tuesday 5/7/2019</b>	<b>Wednesday 5/8/2019</b>	<b>Thursday 5/9/2019</b>	<b>Friday 5/10/2019</b>	<b>Saturday 5/11/2019</b>
<b>Lunch/Supper:</b> -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 -Oranges -Cucumbers -W.G. Bread	-Low Fat Milk -Beans with Shredded Cheese -Raspberry Yogurt -Salsa and Peppers -Tortilla Chips	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Oranges -Celery w/ Wow Butter -W.G. Bread	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Applesauce -Carrots -4 Packets of W.G. Crackers	-Low Fat Milk -Beans with Shredded Cheese -Melon -Salsa and Peppers -Tortilla Chips
	<b>Monday 5/13/2019</b>	<b>Tuesday 5/14/2019</b>	<b>Wednesday 5/15/2019</b>	<b>Thursday 5/16/2019</b>	<b>Friday 5/17/2019</b>	<b>Saturday 5/18/2019</b>
	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Banana -Peppers -W.W Wrap	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Apples -Cucumbers -W.G. Bread	-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 -Turkey Lunch Meat Squares with Sliced Cheese -Applesauce -Carrots -4 Packets of W.G. Crackers	-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

Site: Saginaw YMCA  
 Month: May 2019



## MISSION NUTRITION Menu

	<b>Monday 5/20/2019</b>	<b>Tuesday 5/21/2019</b>	<b>Wednesday 5/22/2019</b>	<b>Thursday 5/23/2019</b>	<b>Friday 5/24/2019</b>	<b>Saturday 5/25/2019</b>
<b>Lunch/Supper:</b> -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 -Oranges -Cucumbers -W.G. Bread	-Low Fat Milk -Beans with Shredded Cheese -Raspberry Yogurt -Salsa and Peppers -Tortilla Chips	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Oranges -Celery w/ Wow Butter -W.G. Bread	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Applesauce -Carrots -4 Packets of W.G. Crackers	-Low Fat Milk -Beans with Shredded Cheese -Melon -Salsa and Peppers -Tortilla Chips
	<b>Monday 5/27/2019</b>	<b>Tuesday 5/28/2019</b>	<b>Wednesday 5/29/2019</b>	<b>Thursday 5/30/2019</b>	<b>Friday 5/31/2019</b>	<b>Saturday 6/1/2019</b>
	<b>NO MEALS SERVED</b>  <b>HAPPY MEMORIAL DAY!</b>	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Apples -Cucumbers -W.G. Bread	-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 -Turkey Lunch Meat Squares with Sliced Cheese -Applesauce -Carrots -4 Packets of W.G. Crackers	-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