

Owego-Apalachin Summer Food Service Program

June-Aug Breakfast Menu "FOOD THAT'S IN WHEN SCHOOL IS OUT!" (MENU SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
6-27 Apple Cinnamon Cheerios 100% Fruit Juice Muffin Top Low Fat Milk	6-28 Golden Grahams 100% Fruit Juice Assorted Graham Snack Low Fat Milk	6-29 Cocoa Puffs 100% Fruit Juice Mini Muffin Low Fat Milk	6-30 Trix Cereal 100% Fruit Juice Goldfish Grahams Low Fat Milk	7-01 Assorted Cereal 100% Fruit Juice Assorted Graham Snack Low Fat Milk
7-04 July 4 th — No Breakfast Served	7-05 Trix Yogurt 100% Fruit Juice Animal Crackers Low Fat Milk	7-06 Reeses Puffs 100% Fruit Juice Animal Crackers Low Fat Milk	7-07 Ultimate Breakfast Round 100% Fruit Juice Fresh Fruit Low Fat Milk	7-08 Cinnamon Toast Crunch 100% Fruit Juice Goldfish Grahams Low Fat Milk
7-11 Cocoa Puffs 100% Fruit Juice Graham Snack Low Fat Milk	7-12 Apple Cinnamon Cheerios 100% Fruit Juice Goldfish Graham Low Fat Milk	7-13 Cinnamon Toast Crunch 100% Fruit Juice Mini Muffin Low Fat Milk	7-14 Bagel w/Cream Cheese or Jelly 100% Fruit Juice Fresh Fruit Low Fat Milk	7-15 Reeses Puffs 100% Fruit Juice Goldfish Grahams Low Fat Milk
7-18 Golden Grahams 100% Fruit Juice Mini Muffin Low Fat Milk	7-19 Honey Breakfast Bar 100% Fruit Juice Fresh Fruit Low Fat Milk	7-20 Cocoa Puffs 100% Fruit Juice Goldfish Grahams Low Fat Milk	7-21 Trix Cereal 100% Fruit Juice Assorted Graham Snack Low Fat Milk	7-22 Cinnamon Toast Crunch 100% Fruit Juice Mini Muffin Low Fat Milk
7-25 Reeses Puffs 100% Fruit Juice Animal Crackers Low Fat Milk	7-26 Bagel w/Cream Cheese or Jelly 100% Fruit Juice Fresh Fruit Low Fat Milk	7-27 Apple Cinnamon Cheerios 100% Fruit Juice Goldfish Grahams Low Fat Milk	7-28 Trix Yogurt 100% Fruit Juice Graham Crackers Low Fat Milk	7-29 Frosted Mini Wheats 100% Fruit Juice Mini Muffin Low Fat Milk
8-01 Cocoa Puffs 100% Fruit Juice Assorted Graham Snack Low Fat Milk	8-02 Cereal Bar 100% Fruit Juice Mini Muffin Low Fat Milk	8-03 Golden Grahams 100% Fruit Juice Animal Crackers Low Fat Milk	8-04 Ultimate Breakfast Round 100% Fruit Juice Fresh Fruit Low Fat Milk	8-05 Apple Cinnamon Cheerios 100% Fruit Juice Goldfish Grahams Low Fat Milk
8-08 Trix Cereal 100% Fruit Juice Mini Muffin Low Fat Milk	8-09 Frosted Mini Wheats 100% Fruit Juice Animal Crackers Low Fat Milk	8-10 Cinnamon Toast Crunch 100% Fruit Juice Goldfish Graham Low Fat Milk	8-11 Bagel w/Cream Cheese or Jelly 100% Fruit Juice Fresh Fruit Low Fat Milk	8-12 Reeses Puffs 100% Fruit Juice Assorted Graham Snack Low Fat Milk
8-15 Assorted Cereal 100% Fruit Juice Assorted Graham Snack Low Fat Milk	8-16 Cereal Bar 100% Fruit Juice Mini Muffin Low Fat Milk	8-17 Assorted Cereal 100% Fruit Juice Assorted Graham Snack Low Fat Milk	8-18 Assorted Cereal 100% Fruit Juice Assorted Graham Snack Low Fat Milk	8-19 Assorted Cereal 100% Fruit Juice Assorted Graham Snack Low Fat Milk

This institution is an equal opportunity provider and employer.

**Owego-Apalachin Summer Food Service Program
Jul-Aug Hot Lunch Menu "FOOD THAT'S IN WHEN SCHOOL IS OUT!"**

Monday	Tuesday	Wednesday	Thursday	Friday
7-04 July 4 th — No Lunch Served <i>This institution is an equal opportunity provider and employer.</i>	7-05 **SITES WILL FOLLOW COLD MENU**	7-06 Chicken Patty on a Roll Oven Baked Fries Glazed Carrots Chilled Mixed Fruit Low Fat Milk	7-07 French Bread Pizza Tossed Salad/Dressing Fresh Banana Low Fat Milk	7-08 Peanut Butter & Jelly Pocket Mozzarella Cheese Stick Fresh Baby Carrots 100% Juice Low Fat Milk
7-11 Meatball Sub on a Roll Steamed Broccoli Chilled Applesauce Low Fat Milk	7-12 Cheeseburger on a Roll Mixed Vegetable Chilled Peaches Low Fat Milk	7-13 Chicken Nuggets Dipping Sauce Glazed Carrots Chilled Mixed Fruit Low Fat Milk	7-14 Fiestada Pizza Corn Nachos Chips Fresh Cantaloupe Low Fat Milk	7-15 Peanut Butter & Jelly Pocket Mozzarella Cheese Stick Fresh Baby Carrots 100% Juice Low Fat Milk
7-18 Chicken Patty Parmesan on a Roll Potato Puffs Chilled Mixed Fruit Baby Carrots Low Fat Milk	7-19 Ham & Cheese on a Bagel Oven Baked Fries Assorted Vegetable Fresh Strawberries Low Fat Milk	7-20 Breaded Mozzarella Sticks Marinara Sauce Green Beans Chilled Pears Low Fat Milk	7-21 Peanut Butter & Jelly Pocket Mozzarella Cheese Stick Fresh Baby Carrots 100% Juice Low Fat Milk	7-22 Stuffed Crust Pizza Tossed Salad/Dressing Chilled Peaches Low Fat Milk
7-25 Chicken Nuggets Dipping Sauce Steamed Broccoli Chilled Pears Low Fat Milk	7-26 French Toast Sticks Sausage Links Potato Puffs Chilled Applesauce Low Fat Milk	7-27 Fish Sandwich on a Roll Tartar Sauce Oven Baked Fries Assorted Vegetable Chilled Peaches Low Fat Milk	7-28 Fiestada Pizza Corn Nachos Chips Fresh Watermelon Low Fat Milk	7-29 Peanut Butter & Jelly Pocket Mozzarella Cheese Stick Fresh Baby Carrots 100% Juice Low Fat Milk
8-01 Chicken Patty on a Roll Mixed Vegetable Chilled Mixed Fruit Low Fat Milk	8-02 Meatball Sub on a Roll Green Beans Fresh Watermelon Low Fat Milk	8-03 Chicken Nuggets Dipping Sauce Glazed Carrots Chilled Pears Low Fat Milk	8-04 Nardone's Cheese Pizza Tossed Salad/Dressing Chilled Peaches Low Fat Milk	8-05 Peanut Butter & Jelly Pocket Mozzarella Cheese Stick Fresh Baby Carrots 100% Juice Low Fat Milk
8-08 Hot Dog on a Roll Baked Beans Glazed Carrots Fresh Grapes Low Fat Milk	8-09 Breaded Mozzarella Sticks Marinara Sauce Assorted Vegetable Chilled Applesauce Low Fat Milk	8-10 Cheeseburger on a Roll Oven Baked Fries Assorted Vegetable Chilled Mixed Fruit Low Fat Milk	8-11 Stuffed Crust Pizza Tossed Salad/Dressing Chilled Pears Low Fat Milk	8-12 **CAMP AHWAGA BREAKFAST ONLY** **CLUB POSITIVE TO FOLLOW COLD MENU**