

Palm Beach County Food Bank
SUMMER MEALS HOT LUNCH
JUNE MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-WGR Breaded Chicken Tenders (3) Tater Tots (1/2c) Fruit (1) Ketchup (1) Milk (8oz)	2-Veggie Burger (2.9 oz) Mashed Potatoes (1/2c) WGR Bun (1) Fruit (1) Ketchup (1) Milk (8oz)	3-Beefaroni (3/4c) WGR Pasta in Entrée (1/2c) Green Beans (1/2c) Fruit (1) Milk (8oz)	4-WGR Cheese Enchiladas (2ea) Black Beans(1/2c) Fruit (1) Milk (8oz)	5-Chicken Nuggets (3 oz) Brown Rice (1/2c) Mixed Vegetables (1/2c) Fruit (1) Sauce (1) Milk (8oz)
8-Beef Hamburger (3oz) WGR Bun (1) Tater Tots (1/2c) Fruit (1) Ketchup (1) Milk (8oz)	9-Cheese Manicotti WGR Pasta (2 pieces) Green Beans (1/2c) Fruit (1) Milk (8oz)	10-WGR Breaded Mini Turkey Corn Dogs (6) Baked Beans (1/2c) Fruit (1) Ketchup (1) Milk (8oz)	11-Beef, Chicken and/or Turkey Meatballs (4) Mashed Potatoes (½ Cup) WGR Biscuit (1) Fruit (1) Milk (8oz)	12-Taco Seasoned Beef (2.5 oz) Sweet Corn (1/2c) Salsa in entree(1/4c) Brown Rice (½c) Fruit (1) Milk (8oz)
15-WGR Breaded Chicken Sandwich (3oz) WGR Bun (1) Tater Tots (1/2c) Fruit (1) Ketchup (1) Milk (8oz)	16-WGR Beef and Cheese Burrito (5oz) Sweet Corn (½ cup) Fruit (1) Milk (8oz)	17-WGR Macaroni and Cheese (3/4c) Green Beans (1/2c) Fruit (1) Milk (8oz)	18-WG Breaded Chicken Parmesan (3 oz) Mozzarella Cheese (.75oz) Mashed Potatoes (½ Cup) Fruit (1) Milk (8oz)	19-CLOSED
22-WGR Breaded Chicken Tenders (3) Tater Tots (1/2c) Fruit (1) Ketchup (1) Milk (8oz)	23-Black Bean Burger (2.9 oz) Mashed Potatoes (1/2c) WGR Bun (1) Fruit (1) Ketchup (1) Milk (8oz)	24-Beefaroni (3/4c) WGR Pasta in Entrée (1/2c) Green Beans (1/2c) Fruit (1) Milk (8oz)	25-WGR Cheese Enchiladas (2ea) Black Beans(1/2c) Fruit (1) Milk (8oz)	26-Chicken Nuggets (3 oz) Brown Rice (1/2c) Mixed Vegetables (1/2c) Fruit (1) Sauce (1) Milk (8oz)
29-Beef Hamburger (3oz) WGR Bun (1) Tater Tots (1/2c) Fruit (1) Ketchup (1) Milk (8oz)	30-Cheese Manicotti WGR Pasta (2 pieces) Green Beans (1/2c) Fruit (1) Milk (8oz)	July 1-WGR Breaded Mini Turkey Corn Dogs (6) Baked Beans (1/2c) Fruit (1) Ketchup (1) Milk (8oz)	July 2-Beef, Chicken and/or Turkey Meatballs (4) Mashed Potatoes (½ Cup) WGR Biscuit (1) Fruit (1) Milk (8oz)	July 3-CLOSED THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES

Palm Beach County Food Bank
SUMMER MEALS BREAKFAST
JUNE MENU



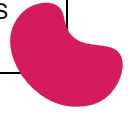
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-WGR Cereal (1oz) Fruit Cup (4oz) Milk 8oz	2-WGR Pop Tart (1.76oz) Apple Sauce (4oz) Milk 8oz	3-WGR Cereal (1oz) Fruit Cup (4oz) Milk 8oz	4-WGR Breakfast Bar (1.2 oz) Apple Sauce (4oz) Milk 8 oz	5-WGR Cereal (1oz) Fruit Cup (4oz) Milk 8oz
8-WGR Pop Tart (1.76oz) Applesauce (4oz) Milk 8oz	9-WGR Cereal (1oz) Fruit Cup (4oz) Milk 8oz	10-WGR Breakfast Bar (1.2 oz) Apple Sauce (4oz) Milk 8 oz	11-WGR Cereal (1oz) Fruit Cup (4oz) Milk 8oz	12-WGR Pop Tart (1.76oz) Applesauce (4oz) Milk 8oz
15-WGR Cereal (1oz) Fruit Cup (4oz) Milk 8oz	16-WGR Breakfast Bar (1.2oz) Applesauce (4oz) Milk 8oz	17-WGR Cereal (1oz) Fruit Cup (4oz) Milk 8oz	18-WGR Pop Tart (1.76oz) Applesauce (4oz) Milk 8 oz	19-CLOSED
22-WGR Cereal (1oz) Fruit Cup (4oz) Milk 8oz	23-WGR Pop Tart (1.76oz) Apple Sauce (4oz) Milk 8oz	24-WGR Cereal (1oz) Fruit Cup (4oz) Milk 8oz	25-WGR Breakfast Bar (1.2 oz) Apple Sauce (4oz) Milk 8 oz	26-WGR Cereal (1oz) Fruit Cup (4oz) Milk 8oz
29-WGR Pop Tart (1.76oz) Applesauce (4oz) Milk 8oz	30-WGR Cereal (1oz) Fruit Cup (4oz) Milk 8oz	July 1-WGR Breakfast Bar (1.2oz) Applesauce (4oz) Milk 8oz	July 2-WGR Cereal (1oz) Fruit Cup (4oz) Milk 8oz	July 3-CLOSED THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES



Palm Beach County Food Bank
SUMMER MEALS SNACK
JUNE MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-WGR Tortilla Chips (.75oz) 100% Juice (6oz)	2-WGR Animal Crackers (1oz) 100% Juice (6oz)	3-WGR Cheez its (.75oz) 100% Juice (6oz)	4-WGR Graham Crackers (1oz) 100% Juice (6oz)	5-WGR Cheddar Goldfish (.75oz) 100% Juice (6oz)
8-WGR Sun Chips (1oz) 100% Juice (6oz)	9-WGR Animal Crackers (1oz) 100% Juice (6oz)	10-WGR Baked Cheetos (1oz) 100% Juice (6oz)	11-WGR Graham Crackers (1oz) 100% Juice (6oz)	12-WGR Tortilla Chips (1oz) 100% Juice (6oz)
15-WGR Cheez its (1oz) 100% Juice (6oz)	16-WGR Animal Crackers (1oz) 100% Juice (6oz)	17-WGR Sun Chips (1oz) 100% Juice (6oz)	18-WGR Graham Crackers (1oz) 100% Juice (6oz)	19-CLOSED
22-WGR Tortilla Chips (.75oz) 100% Juice (6oz)	23-WGR Animal Crackers (1oz) 100% Juice (6oz)	24-WGR Cheez its (.75oz) 100% Juice (6oz)	25-WGR Graham Crackers (1oz) 100% Juice (6oz)	26-Cheddar Goldfish (.75oz) 100% Juice (6oz)
29-WGR Sun Chips (1oz) 100% Juice (6oz)	30-WGR Animal Crackers (1oz) 100% Juice (6oz)	July 1-WGR Baked Cheetos (1oz) 100% Juice (6oz)	July 2-WGR Graham Crackers (1oz) 100% Juice (6oz)	July 3-CLOSED THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES



Palm Beach County Food Bank
SUMMER MEALS COLD LUNCH
JUNE MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Hummus (2.5oz) Baby Carrots (1/2c) Celery Sticks (1/4c) Fresh Fruit (1) Crackers (.75oz) Milk (8oz)	2-Turkey (2.25oz) Cheese Slice (1) Coleslaw (1/2c) Fresh Fruit (1) Bread (2) Mayonnaise & Mustard (1) Milk (8oz)	3-Hard Boiled Egg (1) Shredded Cheddar (.5oz) Green Salad (1/2c) Croutons (.8oz) Cucumber (1/4c) Cherry Tomato (1/4c) Fresh Fruit (1) Salad Dressing (1) Milk (8oz)	4-Tuna Salad (2.5oz) Pickle (1/2c) Fresh Fruit (1) Bread (2) Milk (8oz)	5-Chickpeas (2.5oz) Feta Cheese (.5oz) Green Salad (1/2c) Croutons (.8oz) Cucumber (1/4c) Cherry Tomato (1/4c) Fresh Fruit (1) Salad Dressing (1) Milk (8oz)
8-Hummus (2.5oz) Baby Carrots (1/2c) Celery Sticks (1/4c) Fresh Fruit (1) Crackers (.75oz) Milk (8oz)	9-Turkey (2.25oz) Cheese Slice (1) Coleslaw (1/2c) Fresh Fruit (1) Bread (2) Mayonnaise & Mustard (1) Milk (8oz)	10-Hard Boiled Egg (1) Shredded Cheddar (.5oz) Green Salad (1/2c) Croutons (.8oz) Cucumber (1/4c) Cherry Tomato (1/4c) Fresh Fruit (1) Salad Dressing (1) Milk (8oz)	11-Tuna Salad (2.5oz) Pickle (1/2c) Fresh Fruit (1) Bread (2) Milk (8oz)	12-Chickpeas (2.5oz) Feta Cheese (.5oz) Green Salad (1/2c) Croutons (.8oz) Cucumber (1/4c) Cherry Tomato (1/4c) Fresh Fruit (1) Salad Dressing (1) Milk (8oz)
15-Hummus (2.5oz) Baby Carrots (1/2c) Celery Sticks (1/4c) Fresh Fruit (1) Crackers (.75oz) Milk (8oz)	16-Turkey (2.25oz) Cheese Slice (1) Coleslaw (1/2c) Fresh Fruit (1) Bread (2) Mayonnaise & Mustard (1) Milk (8oz)	17-Hard Boiled Egg (1) Shredded Cheddar (.5oz) Green Salad (1/2c) Croutons (.8oz) Cucumber (1/4c) Cherry Tomato (1/4c) Fresh Fruit (1) Salad Dressing (1) Milk (8oz)	18-Tuna Salad (2.5oz) Pickle (1/2c) Fresh Fruit (1) Bread (2) Milk (8oz)	19-CLOSED
22-Hummus (2.5oz) Baby Carrots (1/2c) Celery Sticks (1/4c) Fresh Fruit (1) Crackers (.75oz) Milk (8oz)	23-Turkey (2.25oz) Cheese Slice (1) Coleslaw (1/2c) Fresh Fruit (1) Bread (2) Mayonnaise & Mustard (1) Milk (8oz)	24-Hard Boiled Egg (1) Shredded Cheddar (.5oz) Green Salad (1/2c) Croutons (.8oz) Cucumber (1/4c) Cherry Tomato (1/4c) Fresh Fruit (1) Salad Dressing (1) Milk (8oz)	25-Tuna Salad (2.5oz) Pickle (1/2c) Fresh Fruit (1) Bread (2) Milk (8oz)	26-Chickpeas (2.5oz) Feta Cheese (.5oz) Green Salad (1/2c) Croutons (.8oz) Cucumber (1/4c) Cherry Tomato (1/4c) Fresh Fruit (1) Salad Dressing (1) Milk (8oz)
29-Hummus (2.5oz) Baby Carrots (1/2c) Celery Sticks (1/4c) Fresh Fruit (1) Crackers (.75oz) Milk (8oz)	30-Turkey (2.25oz) Cheese Slice (1) Coleslaw (1/2c) Fresh Fruit (1) Bread (2) Mayonnaise & Mustard (1) Milk (8oz)	July 1-Hard Boiled Egg (1) Shredded Cheddar (.5oz) Green Salad (1/2c) Croutons (.8oz) Cucumber (1/4c) Cherry Tomato (1/4c) Fresh Fruit (1) Salad Dressing (1) Milk (8oz)	July 2-Tuna Salad (2.5oz) Pickle (1/2c) Fresh Fruit (1) Bread (2) Milk (8oz)	July 3 - CLOSED THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES

