


Summer Breakfast Program

2021

Monday	Tuesday	Wednesday	Thursday
			<p>OPEN KITCHENS would like to wish everyone a safe Summer! Let us all remember to always wash our hands, use facemasks, and keep our safe distance!</p>
<p>Pop-Tart 1 oz Seasonal Fresh Fruit $\frac{1}{2}$ cup</p>	<p>Honey Bunches Crunch Cereal 1 oz Apple Crisps $\frac{1}{2}$ cup</p>	<p>WG Soft Oatmeal Bar 1 oz Fruit Juice $\frac{1}{2}$ cup</p>	<p>Fruity Cheerios 1 oz Seasonal Fresh Fruit $\frac{1}{2}$ cup</p>
<p>Scooters Cereal 1 oz Fruit Juice $\frac{1}{2}$ cup</p>	<p>Chocolate Bear Grahams 1 oz Seasonal Fresh Fruit $\frac{1}{2}$ cup</p>	<p>Cinnamon Toast Crunch 1 oz Applesauce $\frac{1}{2}$ cup</p>	<p>Banana Muffin 1 oz. Fruit Juice $\frac{1}{2}$ cup</p>
<p>WG Soft Oatmeal Bar 1 oz Apple Crisps $\frac{1}{2}$ cup</p>	<p>Pop-Tart 1 oz Seasonal Fresh Fruit $\frac{1}{2}$ cup</p>	<p>Honey Bunches Crunch Cereal 1 oz Apple Crisps $\frac{1}{2}$ cup</p>	<p>WG Soft Oatmeal Bar 1 oz Fruit Juice $\frac{1}{2}$ cup</p>
<p>Chocolate Muffin 1 oz Applesauce $\frac{1}{2}$ cup</p>	<p>Scooters Cereal 1 oz Fruit Juice $\frac{1}{2}$ cup</p>	<p>Chocolate Bear Grahams 1 oz Seasonal Fresh Fruit $\frac{1}{2}$ cup</p>	<p>Cinnamon Toast Crunch 1 oz Applesauce $\frac{1}{2}$ cup</p>

*This breakfast menu will run from June 7th to July 2nd.

OPEN KITCHENS
Serving the Best

Summer Lunch Program

2021

Monday

Tuesday

Wednesday

Thursday



OPEN KITCHENS would like to wish everyone a safe **Summer!**
Let us all remember to always wash our hands, use facemasks, and keep our safe distance!

Non-Fat Fruit Yogurt 4 oz
Sunflower Seeds 1oz
Rice Chex Mix ¾ c
100% Fresh Fruit Juice ½ c
Apple ½ c
RF Ranch Dressing .4 oz

Potato Bun 1.8 oz
Turkey Sliced 1 oz
Mozzarella Cheese Sliced 1 oz
Apricot ½ c
Banana ½ c
Low Cal. Mayo .4 oz
Mustard .4 oz

WG Tortilla Chips 1.48 oz
Seasoned Chicken Cubes 1.5 oz
Shredded Cheddar Cheese 1 oz
Salsa ½ c
Cherry Tomatoes ¼ c
Baby Carrots ½ c
100% Fresh Fruit Juice ½ c

Corned Beef 1.5 oz
Swiss Cheese 1 oz
WG Wheat Bread slices 2 oz
Peach ½ c
Celery Sticks ¼ c.
RF Ranch Dressing .4 oz

IW WG large Soft Pretzel 2.7 oz
Wow butter 4T
Apple ½ c
2 - Box of Raisins 2 oz

WG Cold Cheese Pizza 5.1 oz:
Cheese 2 oz
Grain 2 oz
Pizza sauce ¼ c
Baby Carrots ½ c
100% Fresh Fruit Juice ½ c
RF Ranch Dressing .4 oz

Sliced Chicken Lunch Meat 1.5 oz
White American Cheese 1 oz
Whole Wheat Bun 2 oz
BBQ .4 oz
Fruit Cup ½ c (equivalent)
Plum ½ c
Low Cal. Mayo .4 oz

Non-Fat Fruit Yogurt 4 oz
WG Tortilla 2 oz
Shredded Mozz/Ched Blend 1 oz
Spinach ¼ c
Cucumber ¼ c
Banana ½ c
RF Ranch Dressing .4 oz

Grilled Chicken Nuggets 2.2 oz
Cornbread 2 oz
Fruit Cup ½ c
Nectarine ½ c
BBQ Sauce .4 oz

Non-Fat Fruit Yogurt 4 oz
Sunflower Seeds 1oz
Rice Chex Mix ¾ c
100% Fresh Fruit Juice ½ c
Apple ½ c
RF Ranch Dressing .4 oz

Potato Bun 1.8 oz
Turkey Sliced 1 oz
Mozzarella Cheese Sliced 1 oz
Apricot ½ c
Banana ½ c
Low Cal. Mayo .4 oz
Mustard .4 oz

WG Tortilla Chips 1.48 oz
Seasoned Chicken Cubes 1.5 oz
Shredded Cheddar Cheese 1 oz
Salsa ½ c
Cherry Tomatoes ¼ c
Baby Carrots ½ c
100% Fresh Fruit Juice ½ c

Turkey Sliced 2 oz
White American Cheese ½ oz
Croissant 1.7 oz
Baby Carrots ½ c
100% Fresh Fruit Juice ½ c
RF Ranch Dressing .4 oz
Low Cal. Mayo .4 oz
Mustard .4 oz

IW WG large Soft Pretzel 2.7 oz
Wow butter 4T
Apple ½ c
2 - Box of Raisins 2 oz

WG Cold Cheese Pizza 5.1 oz:
Cheese 2 oz
Grain 2 oz
Pizza sauce ¼ c
Baby Carrots ½ c
100% Fresh Fruit Juice ½ c
RF Ranch Dressing .4 oz

Sliced Chicken Lunch Meat 1.5 oz
White American Cheese 1 oz
Whole Wheat Bun 2 oz
BBQ .4 oz
Fruit Cup ½ c (equivalent)
Plum ½ c
Low Cal. Mayo .4 oz