



Rochester Summer Meals Sample Menu *

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> Whole grain cereal Gold fish grahams 100% Fruit Juice 1% milk 	<ul style="list-style-type: none"> Whole wheat bagel Cream cheese / jelly Fresh fruit 1% milk 	<ul style="list-style-type: none"> Granola bar Yogurt Fresh fruit 1% milk 	<ul style="list-style-type: none"> Apple cinnamon muffin Margarine Fresh fruit 1% milk 	<ul style="list-style-type: none"> Whole grain cereal Cheese stick Craisins 1% milk
Lunch	<ul style="list-style-type: none"> Turkey ham & cheese sandwich on whole wheat bread with mayonnaise pc Lettuce and sliced tomato Apple 1% milk 	<ul style="list-style-type: none"> BBQ chicken salad plate with lettuce and whole wheat pita points Grape tomatoes w/ ranch pc Diced peaches 1% milk 	<ul style="list-style-type: none"> Turkey ham salad sandwich on whole wheat bread with lettuce Cucumber tomato salad Plum 1% milk 	<ul style="list-style-type: none"> Curry chicken salad with whole wheat pita points Celery and peppers Pineapple chunks 1% milk 	<ul style="list-style-type: none"> Fiesta wrap- with beans, cheese, brown rice on a whole wheat tortilla Marinated vegetable salad Banana 1% milk
Breakfast	<ul style="list-style-type: none"> Blueberry pomegranate oat bar Fresh fruit 100% fruit juice 1% milk 	<ul style="list-style-type: none"> Whole grain cereal Yogurt 100% Fruit Juice 1% milk 	<ul style="list-style-type: none"> Whole wheat bagel Sun butter, jelly/margarine Fresh fruit 1% milk 	<ul style="list-style-type: none"> Blueberry muffin Margarine Fresh fruit 1% milk 	<ul style="list-style-type: none"> Pop tart Craisins Fresh fruit 1% milk
Lunch	<ul style="list-style-type: none"> Turkey bologna sub sandwich on whole wheat bread with mayo/mustard Carrot sticks w/ ranch Fresh fruit 1% milk 	<ul style="list-style-type: none"> Chicken Caesar salad w/ tomatoes, cucumber, romaine lettuce, parmesan cheese Bread stick Fresh fruit 1% milk 	<ul style="list-style-type: none"> Turkey w/ whole wheat roll, condiments Carrot raisin salad Fresh fruit 1% milk 	<ul style="list-style-type: none"> Chef salad w/ diced turkey, low fat cheese, lettuce, tomato, low fat dressing Whole wheat dinner roll Fresh fruit 1% milk 	<ul style="list-style-type: none"> Cajun chicken sandwich on a whole wheat roll 100 % fruit juice Seasonal fruit 1% milk

* This menu is a sample of what youth participants might be served at a Summer Meals location. Menu items vary across sites and may differ from what is shown on this menu. **Please dial 2-1-1 to find a meal location near you.**