



Summer Lunch Program Menu 2024

Attention Parents: This two-week menu will be rotated throughout the program beginning June 10th with the last lunch offered on August 23rd. Sacks include breakfast in addition to lunch each day.

Meals are free to all children 18 and under, parents are encouraged to purchase a meal (\$5.00) and eat with their child.

Monday	Tuesday	Wednesday	Thursday	Friday	Offered
BREAKFAST					
Fruit and Grain Bar String Cheese Juice Milk	Banana Oat Muffin String Cheese Orange Milk	Cereal/Granola Yogurt Banana Milk	Bagel or English Muffin Cream Cheese Apple Sauce Cup Milk	Banana Oat Muffins String Cheese Apple Milk	Breakfast offered every week.
LUNCH					
Ham and Cheese Sandwich Deli slices (2 oz.) Slice cheese (1 oz.) Whole Wheat Bread (2 oz.) Apple Slices (4 oz.) Veggie Dippers (2oz) & Dressing (1 oz.) 1% Milk (8 FL oz.)	Winter Squash Hummus Wrap Chickpeas (2 oz.) Shredded Carrot and Sliced Pepper (2 oz.) Tortilla chips(1 oz.) Orange (4oz) 1% Milk (8 FL oz.) *Our hummus contains peanuts alternative protein available for those with nut allergies	Peanut Noodles Whole wheat noodles (4oz) Chicken or Tofu (2oz) Peanut Sauce (1oz) Banana (4 oz) Peas and Carrots(2oz) 1% Milk (8 FL oz.) *alternative protein available for those with nut allergies	Bean Burritos Bean & Cheese mix (2 oz) Whole Wheat Tortilla (1 oz) Fiesta Corn Salad (2 oz) Apple Slices (4oz) 1% Milk (8 fl oz)	Santa Fe Chicken wrap Chicken strips (2oz) Salsa (1 oz.) Shredded Cheese (1 oz.) Whole Wheat Tortilla (1 oz.) Carrot Stix (4 oz.) Apple (4oz) 1% Milk (8 FL oz.)	<u>Weeks of</u> June 10 th June 24 th July 8 th July 22 nd August 5 th August 19 th
Peanut Butter & Jelly Sammy's Adams Peanut butter (1oz) Homemade Jelly (.5oz) Whole Wheat Bread (1oz) Apple Slices(4oz) Veggie Dippers (2 oz.) String cheese (1 oz.) 1% Milk (8 FL oz.) *alternative protein available for those with nut allergies	Turkey and Cream Cheese Wrap Deli slices (2 oz.) Cream cheese (1oz) Whole Wheat Tortilla (1oz) Carrots and Greens (2 oz.) Goldfish Orange (4oz) 1% Milk (8 FL oz.)	Pesto Pasta Salad With Lentils, Tomato's, and Mozzarella Whole Wheat noodles (2oz) Tomato & Summer Squash (2oz) Lentils & Mozzarella (2 oz.) Banana (4oz) 1% Milk (8 FL oz.)	Pizza Roll-ups WW Tortilla (2oz) Lentil Marinara Sauce (1oz) Shredded Mozzarella (1oz) Apple Slices (4oz) Green Salad (2oz) 1% Milk (8 fl oz)	Three Bean Taco Salad Beans (2oz) Salad Greens (2oz) Corn chips (2oz) Dressing (1oz) Apple (4oz) 1% Milk (8 FL oz.)	<u>Weeks of</u> June 17 th July 1 st July 15 th July 29 th August 12 th

Please note we strive to utilize local products whenever possible; Fruit and Vegetable sides are subject to change due to pricing and availability.

On the last day of the program, we serve a special menu, check our Facebook page (facebook.com/GallatinValleyFoodBank) for updates. **No lunch service on, June 19th, July, 4th and 5th.**

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To learn more about Summer Lunch or our other programs visit GALLATINVALLEYFOODBANK.ORG or Call us at 406-587-4486