

# August 2022 Menu

The USDA is an equal opportunity provider. Low-fat milk and water are offered at all meals. WG= whole grain. Menu items are subject to change based on availability. If you have any questions, please email Bob Wilkey, Food Service Director at [rwilkey@metrowestymca.org](mailto:rwilkey@metrowestymca.org)

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Lunch:</b> Deli combo sandwich on WG bun with carrots & apple <b>Snack:</b> WG wheat thins & clementine	2 <b>Lunch:</b> WG Goldfish, honeydew melon, cheese stick, strawberry yogurt, pepper slices <b>Snack:</b> Cucumber slices & hummus	3 <b>Lunch:</b> Chickpea Caprese pesto salad & orange slices <b>Snack:</b> WG muffin & applesauce	4 <b>Lunch:</b> WG cinnamon Chex, popcorn, raisins, celery, sunbutter & cheese cubes <b>Snack:</b> Pineapple cup & WG Teddy Grahams	5 <b>Lunch:</b> Turkey burger on WG bun, garden salad & watermelon slice <b>Snack:</b> Bagel, cream cheese & banana
8 <b>Lunch:</b> Cheesy sandwich on WG bun with cherry tomatoes & pear <b>Snack:</b> Banana & WG graham crackers	9 <b>Lunch:</b> WG muffin, carrot sticks, vanilla yogurt parfait with berries & granola <b>Snack:</b> Cheese cubes & apple	10 <b>Lunch:</b> Arroz con pollo bowl with mango salsa & corn <b>Snack:</b> Celery & sunbutter	11 <b>Lunch:</b> WG Sunchips, Cheese stick, orange slices, snap peas & hummus <b>Snack:</b> Watermelon & WG rice cakes	12 <b>Lunch:</b> Grilled chicken sandwich with LTO, honey mustard, carrots & apple slices <b>Snack:</b> Grapes & WG Goldfish
15 <b>Lunch:</b> Ham and cheese on WG bun, banana, & green beans <b>Snack:</b> WG popcorn & pear	16 <b>Lunch:</b> Black bean salsa, WG tortilla chips, cheese cubes, clementine & cucumber slices <b>Snack:</b> Nectarine & WG wheat thins	17 <b>Lunch:</b> Veggie pasta salad, cheese sticks, apple <b>Snack:</b> WG strawberry shredded wheat & pineapple cup	18 <b>Lunch:</b> WG soft pretzel, cheese sauce, baby carrots, honeydew <b>Snack:</b> Apple slices & sunbutter	19 <b>Lunch:</b> BBQ pulled chicken on WG bun with coleslaw & watermelon slice <b>Snack:</b> Fruit salad & WG rice cakes
22 <b>Lunch:</b> Turkey & cheese on WG roll, cherry tomatoes & orange <b>Snack:</b> WG Sunchips & pear	23 <b>Lunch:</b> WG Teddy grahams, strawberry yogurt, cucumbers, cantaloupe & cheese stick <b>Snack:</b> Carrots & hummus	24 <b>Lunch:</b> Chicken & veggie lo Mein with apple <b>Snack:</b> Plum & WG triscuits	25 <b>Lunch:</b> WG wheat thins, cheese cubes, salami, grapes & carrots <b>Snack:</b> Banana & WG Goldfish	26 <b>Lunch:</b> Cheese & bean quesadilla, mixed veggies & apple slices <b>Snack:</b> Yogurt parfait (mango & vanilla yogurt)