## **Summer Parks July Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	PBJ and Sunflower Seeds 😵	Turkey and Cheese Sandwich	Lunch Pack - BBQ Chicken Bites with Crackers or Chili Lime Crackers and Bean Dip 📎	No Meal Service
		Cheese Sandwich 😵		
7	8	9	10	11
<b>Lunch Pack</b> - Turkey, Swiss and Crackers or SunButter with Graham Crackers 📎	PBJ and Sunflower Seeds 🕜	Turkey and Cheese Sandwich	Chicken Salad	Lunch Pack - BBQ Chicken Bites with Crackers or Chili Lime Crackers and Bean Dip 📎
		Cheese Sandwich 👔	Hummus with Tortilla Chips 🕎	
14	15	16	17	18
<b>Lunch Pack -</b> Turkey, Swiss and Crackers or SunButter with Graham Crackers <b>(</b>	PBJ and Sunflower Seeds 🕥	<b>Lunch Pack</b> - BBQ Chicken Bites with Crackers or Chili Lime Crackers and Bean Dip <b>(</b>	Turkey and Cheese Sandwich	_ Taco Salad with Cheese and Tortilla Chips 📎
			Cheese Sandwich 📎	
21	22	23	24	25
<b>Lunch Pack</b> - Turkey, Swiss and Crackers or SunButter with Graham Crackers <b>(</b>	PBJ and Sunflower Seeds 🕥	Turkey and Cheese Sandwich	Chicken Salad	Lunch Pack - BBQ Chicken Bites with Crackers or Chili Lime Crackers and Bean Dip 📎
		Cheese Sandwich 👔	Salad, Cheese and Sunflower Seeds 🝞	
28	29	30	31	
<b>Lunch Pack -</b> Turkey, Swiss and Crackers or SunButter with Graham Crackers <b>(</b>	PBJ and Sunflower Seeds 📎	Turkey and Cheese Sandwich	Taco Salad with Cheese and Tortilla Chips 😵	
		Cheese Sandwich 📎		

Vegetarian option, may contain cheese &/or egg

Updated: 7/9/25

Non-fat chocolate milk is offered daily with lunch. 3/4 cup fruits and/or vegetable are offered with each lunch.

Menu is subject to change. This institution is an equal opportunity provider.