


# July 2022 | Summer Parks Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> July 4th Holiday No Meal Service	<b>5</b> Crackers, Cheese and Chicken Jerky	<b>6</b> Yogurt and Granola 	<b>7</b> Turkey and Cheddar Cheese Sandwich	<b>8</b> Chicken Caesar Salad
	Crackers, Cheese and Sunflower Seeds 	Hummus, Cheese and Crackers 	Cheese Sandwich 	Crispy Chickpea Salad 
<b>11</b> Crackers, Cheese and Chicken Jerky	<b>12</b> Cheese Sandwich 	<b>13</b> BBQ Chicken Sandwich	<b>14</b> Turkey Ham and Cheese Sandwich	<b>15</b> Taco Salad with Beans and Tortilla Chips 
Crackers, Cheese and Sunflower Seeds 	Yogurt and Granola 	Hummus, Cheese and Crackers 	Cheese Sandwich 	
<b>18</b> Crackers, Cheese and Chicken Jerky	<b>19</b> Yogurt and Granola 	<b>20</b> Pasta Salad with Balsamic Vinaigrette 	<b>21</b> Turkey and Cheddar Cheese Sandwich	<b>22</b> Chicken Caesar Salad
Crackers, Cheese and Sunflower Seeds 	Hummus, Cheese and Crackers 		Cheese Sandwich 	Crispy Chickpea Salad 
<b>25</b> Crackers, Cheese and Chicken Jerky	<b>26</b> Cheese Sandwich 	<b>27</b> BBQ Chicken Sandwich	<b>28</b> Turkey Ham and Cheese Sandwich	<b>29</b> Taco Salad with Beans and Tortilla Chips 
Crackers, Cheese and Sunflower Seeds 	Yogurt and Granola 	Hummus, Cheese and Crackers 	Cheese Sandwich 	

 Vegetarian option, may contain cheese &/or egg

1% 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.

Updated: 6/22/22