

DATE JULY 2026**Summer MENU**NAME OF CENTER YMCA, 751 West 2nd St

MONDAY 20th				TUESDAY 21st				WEDNESDAY 22nd				THURSDAY 23rd				FRIDAY 24th			
Food Item		6+ yrs		Food Item		6+ yrs		Food Item		6+ yrs		Food Item		6+ yrs		Food Item		6+ yrs	
<u>BREAKFAST:</u>																			
MILK, FLUID	Milk		8oz	Milk		8oz		Milk		8oz		Milk		1c		Milk		8oz	
JUICE, FRUIT,	Grape Juice		1/2c	Fruit Punch		1/2c		Orange Juice		1/2c		Orange Juice		1/2c		Mandarin Oranges		1/2c	
VEGETABLE	Cocoa Puffs (WG)		3/4c	Sausage Gravy (HM)				Scrambled Eggs		2ea		Apple Jacks (WG)		3/4c		Cinnamon Toast (WG)		1s	
GRAIN/ BREAD				Biscuit (WG)		1sr		Toast (WG)		1/2s									
<u>Lunch</u>																			
MILK, FLUID	Milk		8oz	Milk		8oz		Milk		8oz		Milk		8oz		Milk		8oz	
MEAT/MEAT	Spaghetti/		8oz	Nachos Hamburger (HM)		2oz		Breaded Chicken Patty (CN)		2oz		Meat Balls(CN) 4ea		2oz		Ham (PF)		1.5oz	
ALTERNATE	Meat Sauce (HM)			Peaches		1/4c		Pears		1/4c		Mixed Fruit		1/4c		Cheese		.5oz	
1st FRUIT/VEG	Salad (F)		1c	Refried Beans		1/2c		Green Beans		1/2c		Mashed Potatos		1/2c		Carrott/Celery (F)		1/2c	
2nd FRUIT/VEG	Applesauce		1/4c	Cheese				Bun		1ea		Butter Bread (WG)		1s		Banana (F)		1ea	
GRAIN/BREAD	Garlic Bread		1/2s	Tortilla Chips		1oz										Bun		1ea	
OTHER																			

CYCLE WEEK 1

updated 07/17/2026

(F)= Fresh fruit or vegetable
 (WG)=Whole grain
 (HM)=Homemade
 (CN)=Child Nutrition Label
 (PF)=Product Formulation

c=cup
 s=slice
 sr=serving

Milk 1% unflavored, flavored
ALL MENUS ARE SUBJECT TO CHANGE
 This institution is an equal opportunity provider.