

2021 SUMMER BAG MEALS CARBS

MONDAY 6/21/21		TUESDAY 6/22/21		WEDNESDAY 6/23/21		THURSDAY 6/24/21		FRIDAY 6/25/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CARB		CARB		CARB		BREAKFAST				CARB		CARB	
Cinnamon Roll^{^WGIW} 38	Cereal Bar^{^WGIW} 23	Mini Cinni Bagel^{^WGIW} 41	Cereal^{^WG} 23	Cinnamon Roll^{^WGIW} 38	Raspberry Bar^{^WG} 35	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW} 27							
Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Orange Juice 13							
Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20						Orange Juice 13 Milk 13-20	
LUNCH													
Peanut Butter + Jelly Sandwich^{pWGIW} 64	Turkey Ham⁺ + Turkey⁺ + Cheese Sandwich^{WGIW} 27	Chicken Patty⁺ Sandwich^{WG} 37	Turkey⁺ + Chicken Ham⁺ + Cheese Sub^{WG} 36	Chicken Ham⁺ + Cheese Croissant^{WG} 29	BBQ Beef Rib⁻ Sandwich^{WGIW} 33	Grilled Cheese Sandwich^{^WGIW} 31							
OR	Baby Carrots 8	Roasted Chickpeas 24	Lettuce + Tomato Cup 4	Grape Tomatoes w/ Ranch 3/15	Broccoli 3	Marinara Cup 7							
Turkey Sandwich⁺ on Bun^{WGIW} 27	Raisins 34	Fresh Fruit 7-26	Fruit Punch 14	Fresh Fruit 7-26	Fresh Fruit 7-26	Fruit Sorbet 21							
Veggie Juice 10	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20							
Applesauce Cup 15													
Milk 13-20													
6/28/21		6/29/21		6/30/21		7/01/21		7/02/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
BREAKFAST													
Cinnamon Roll^{^WGIW} 38	Cereal Bar^{^WGIW} 23	Mini Cinni Bagel^{^WGIW} 41	Cereal^{^WG} 23	Cinnamon Roll^{^WGIW} 38	Raspberry Bar^{^WG} 35	Maple Beef Sausage⁻ Pancake Sandwich^{WGIW} 16							
Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Orange Juice 13							
Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20						Orange Juice 13 Milk 13-20	
LUNCH													
Peanut Butter + Jelly Sandwich^{pWGIW} 64	Yogurt + Granola^{^WG} 38/47	Chicken Ham⁺ + Cheese Sandwich^{WGIW} 32	Turkey⁺ + Cheese Croissant^{WG} 29	Chicken Patty⁺ Sandwich^{WG} 37	Turkey⁺ + Turkey Ham⁺ + Cheese Sandwich^{WGIW} 27	Cheeseburger Sliders^{-WGIW} 30							
OR	Veggie Juice 10	Grape Tomatoes w/ Ranch 3/15	Celery w/ Peanut Butter Cups ^p 3/7	Broccoli 3	Roasted Chickpeas 24	Veggie Juice 10							
Turkey Sandwich⁺ on Bun^{WGIW} 27	Craisins 27	Fresh Fruit 7-26	Fruit Punch 14	Fresh Fruit 7-26	Fresh Fruit 7-26	Dried Fruit Mix 30							
Baby Carrots 8	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20							
Applesauce Cup 15													
Milk 13-20													

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups⁺ OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Uncrustable)^{pv} OR Turkey⁺ (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

2021 SUMMER BAG MEALS CARBS

MONDAY 7/05/21		TUESDAY 7/06/21		WEDNESDAY 7/07/21		THURSDAY 7/08/21		FRIDAY 7/09/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY			
CARB		CARB		CARB		CARB		CARB		CARB	
HOLIDAY		Cereal Bar^{^WGIW} 23	Mini Cinni Bagel^{^WGIW} 41	Cereal^{^WG} 23	Cinnamon Roll^{^WGIW} 38	Raspberry Bar^{^WG} 35	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW} 27				
	Orange Juice 13	Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Apple Juice 13	Orange Juice 13	Orange Juice 13			
	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20			
LUNCH											
HOLIDAY		Peanut Butter + Jelly Sandwich^{PWGIW} 64	Turkey Ham⁺ + Turkey⁺ + Cheese Sandwich^{WGIW} 27	Chicken Patty⁺ Sandwich^{WG} 37	Chicken Ham⁺ + Cheese Croissant^{WG} 29	BBQ Beef Rib⁻ Sandwich^{WGIW} 33	Cheese Cavatappi^{WG^} 36				
	OR		Baby Carrots 8	Roasted Chickpeas 24		Broccoli 3	Marinara Cup 7				
	Turkey Sandwich⁺ on Bun^{WGIW} 27	Raisins 34	Fresh Fruit 7-26	Fresh Fruit 7-26	Grape Tomatoes w/ Ranch 3/15	Fresh Fruit 7-26	Fruit Sorbet 21				
	Veggie Juice 10	Milk 13-20	Milk 13-20	Milk 13-20	Fresh Fruit 7-26	Fresh Fruit 7-26	Milk 13-20				
	Applesauce Cup 15				Milk 13-20	Milk 13-20					
	Milk 13-20										
7/12/21		7/13/21		7/14/21		7/15/21		7/16/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY			
BREAKFAST											
Cinnamon Roll^{^WGIW} 38	Cereal Bar^{^WGIW} 23	Mini Cinni Bagel^{^WGIW} 41	Cereal^{^WG} 23	Cinnamon Roll^{^WGIW} 38	Raspberry Bar^{^WG} 35	Maple Beef Sausage⁻ Pancake Sandwich^{WGIW} 16					
Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Orange Juice 13					
Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20					
LUNCH											
Peanut Butter + Jelly Sandwich^{PWGIW} 64	Yogurt + Granola^{^WG} 38/47	Chicken Ham⁺ + Cheese Sandwich^{WGIW} 32	Turkey⁺ + Cheese Croissant^{WG} 29	Chicken Patty⁺ Sandwich^{WG} 37	Turkey⁺ + Turkey Ham⁺ + Cheese Sandwich^{WGIW} 27	Cheeseburger Sliders^{-WGIW} 30					
OR	Veggie Juice 10			Broccoli 3		Veggie Juice 10					
Turkey Sandwich⁺ on Bun^{WGIW} 27	Craisins 27	Grape Tomatoes w/ Ranch 3/15	Celery w/ Peanut Butter Cups ^P 3/7	Fresh Fruit 7-26	Roasted Chickpeas 24	Dried Fruit Mix 30					
Baby Carrots 8	Milk 13-20	Fresh Fruit 7-26	Fruit Punch 14	Milk 13-20	Fresh Fruit 7-26	Milk 13-20					
Applesauce Cup 15		Milk 13-20	Milk 13-20		Milk 13-20						
Milk 13-20											

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups⁺ OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{PV} OR (1) PBJ (Un crustable)^{PV} OR Turkey⁺ (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

2021 SUMMER BAG MEALS CARBS

MONDAY 7/19/21		TUESDAY 7/20/21		WEDNESDAY 7/21/21		THURSDAY 7/22/21		FRIDAY 7/23/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CARB		CARB		CARB		BREAKFAST				CARB		CARB	
Cinnamon Roll^{^WGIW} 38	Cereal Bar^{^WGIW} 23	Mini Cinni Bagel^{^WGIW} 41	Cereal^{^WG} 23	Cinnamon Roll^{^WGIW} 38	Raspberry Bar^{^WG} 35	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW} 27							
Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Orange Juice 13							
Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20						Orange Juice 13 Milk 13-20	
LUNCH													
Peanut Butter + Jelly Sandwich^{pWGIW} 64	Turkey Ham⁺ + Turkey⁺ + Cheese Sandwich^{WGIW} 27	Chicken Patty⁺ Sandwich^{WG} 37	Turkey⁺ + Chicken Ham⁺ + Cheese Sub^{WG} 36	Chicken Ham⁺ + Cheese Croissant^{WG} 29	BBQ Beef Rib⁻ Sandwich^{WGIW} 33	Grilled Cheese Sandwich^{^WGIW} 31							
OR	Baby Carrots 8	Roasted Chickpeas 24	Lettuce + Tomato Cup 4	Grape Tomatoes w/ Ranch 3/15	Broccoli 3	Marinara Cup 7							
Turkey Sandwich⁺ on Bun^{WGIW} 27	Raisins 34	Fresh Fruit 7-26	Fruit Punch 14	Fresh Fruit 7-26	Fresh Fruit 7-26	Fruit Sorbet 21							
Veggie Juice 10	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20							
Applesauce Cup 15													
Milk 13-20													
7/26/21		7/27/21		7/28/21		7/29/21		7/30/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
BREAKFAST													
Cinnamon Roll^{^WGIW} 38	Cereal Bar^{^WGIW} 23	Mini Cinni Bagel^{^WGIW} 41	Cereal^{^WG} 23	Cinnamon Roll^{^WGIW} 38	Raspberry Bar^{^WG} 35	Maple Beef Sausage⁻ Pancake Sandwich^{WGIW} 16							
Apple Juice 16	Orange Juice 60	Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Orange Juice 13							
Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20						Orange Juice 13 Milk 13-20	
LUNCH													
Peanut Butter + Jelly Sandwich^{pWGIW} 64	Yogurt + Granola^{^WG} 38/47	Chicken Ham⁺ + Cheese Sandwich^{WGIW} 32	Turkey⁺ + Cheese Croissant^{WG} 29	Chicken Patty⁺ Sandwich^{WG} 37	Turkey⁺ + Turkey Ham⁺ + Cheese Sandwich^{WGIW} 27	Cheeseburger Sliders^{-WGIW} 30							
OR	Veggie Juice 10	Grape Tomatoes w/ Ranch 3/15	Celery w/ Peanut Butter Cups ^p 3/7	Broccoli 3	Roasted Chickpeas 24	Veggie Juice 10							
Turkey Sandwich⁺ on Bun^{WGIW} 27	Craisins 27	Fresh Fruit 7-26	Fruit Punch 14	Fresh Fruit 7-26	Fresh Fruit 7-26	Dried Fruit Mix 30							
Baby Carrots 8	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20							
Applesauce Cup 15													
Milk 13-20													

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups⁺ OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Uncrustable)^{pv} OR Turkey⁺ (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

2021 SUMMER BAG MEALS CARBS

MONDAY 8/02/21		TUESDAY 8/03/21		WEDNESDAY 8/04/21		THURSDAY 8/05/21		FRIDAY 8/06/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CARB		CARB		CARB		BREAKFAST				CARB		CARB	
Cinnamon Roll^{^WGIW} 38	Cereal Bar^{^WGIW} 23	Mini Cinni Bagel^{^WGIW} 41	Cereal^{^WG} 23	Cinnamon Roll^{^WGIW} 38	Raspberry Bar^{^WG} 35	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW} 27							
Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Orange Juice 13							
Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20							
LUNCH													
Peanut Butter + Jelly Sandwich^{pWGIW} 64	Turkey Ham⁺ + Turkey⁺ + Cheese Sandwich^{WGIW} 27	Chicken Patty[*] Sandwich^{WG} 37	Turkey⁺ + Chicken Ham⁺ + Cheese Sub^{WG} 36	Chicken Ham⁺ + Cheese Croissant^{WG} 29	BBQ Beef Rib⁻ Sandwich^{WGIW} 33	Cheese Cavatappi^{WG^} 36							
OR	Baby Carrots 8	Roasted Chickpeas 24	Lettuce + Tomato Cup 4	Grape Tomatoes w/ Ranch 3/15	Broccoli 3	Marinara Cup 7							
Turkey Sandwich⁺ on Bun^{WGIW} 27	Raisins 34	Fresh Fruit 7-26	Fruit Punch 60	Fresh Fruit 7-26	Fresh Fruit 7-26	Fruit Sorbet 21							
Veggie Juice 10	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20							
Applesauce Cup 15													
Milk 13-20													
8/09/21		8/10/21		8/11/21		8/12/21		8/13/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
BREAKFAST													
Cinnamon Roll^{^WGIW} 38	Cereal Bar^{^WGIW} 23	Mini Cinni Bagel^{^WGIW} 41	Cereal^{^WG} 23	Cinnamon Roll^{^WGIW} 38	Raspberry Bar^{^WG} 35	Maple Beef Sausage⁻ Pancake Sandwich^{WGIW} 16							
Apple Juice 16	Orange Juice 60	Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Orange Juice 13							
Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20							
LUNCH													
Peanut Butter + Jelly Sandwich^{pWGIW} 64	Yogurt + Granola^{^WG} 38/47	Chicken Ham⁺ + Cheese Sandwich^{WGIW} 32	Turkey⁺ + Cheese Croissant^{WG} 29	Chicken Patty[*] Sandwich^{WG} 37	Turkey⁺ + Turkey Ham⁺ + Cheese Sandwich^{WGIW} 27	Cheeseburger Sliders^{-WGIW} 30							
OR	Veggie Juice 10	Grape Tomatoes w/ Ranch 3/15	Celery w/ Peanut Butter Cups ^p 3/7	Broccoli 3	Roasted Chickpeas 24	Veggie Juice 10							
Turkey Sandwich⁺ on Bun^{WGIW} 27	Craisins 27	Fresh Fruit 7-26	Fruit Punch 14	Fresh Fruit 7-26	Fresh Fruit 7-26	Dried Fruit Mix 30							
Baby Carrots 8	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20							
Applesauce Cup 15													
Milk 13-20													

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups[^] OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Uncrustable)^{pv} OR Turkey^{*} (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

2021 SUMMER BAG MEALS CARBS

MONDAY 8/16/21		TUESDAY 8/17/21		WEDNESDAY 8/18/21		THURSDAY 8/19/21		FRIDAY 8/20/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CARB		CARB		CARB		BREAKFAST				CARB		CARB	
Cinnamon Roll^{^WGIW} 38	Cereal Bar^{^WGIW} 23	Mini Cinni Bagel^{^WGIW} 41	Cereal^{^WG} 23	Cinnamon Roll^{^WGIW} 38	Raspberry Bar^{^WG} 35	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW} 27							
Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Orange Juice 13							
Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20							
LUNCH													
Peanut Butter + Jelly Sandwich^{pWGIW} 64	Turkey Ham⁺ + Turkey⁺ + Cheese Sandwich^{WGIW} 27	Chicken Patty[*] Sandwich^{WG} 37	Turkey⁺ + Chicken Ham⁺ + Cheese Sub^{WG} 36	Chicken Ham⁺ + Cheese Croissant^{WG} 29	BBQ Beef Rib⁻ Sandwich^{WGIW} 33	Grilled Cheese Sandwich^{^WGIW} 31							
OR	Baby Carrots 8	Roasted Chickpeas 24	Lettuce + Tomato Cup 4	Grape Tomatoes w/ Ranch 3/15	Broccoli 3	Marinara Cup 7							
Turkey Sandwich⁺ on Bun^{WGIW} 27	Raisins 34	Fresh Fruit 7-26	Fruit Punch 14	Fresh Fruit 7-26	Fresh Fruit 7-26	Fruit Sorbet 21							
Veggie Juice 10	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20							
Applesauce Cup 15													
Milk 13-20													
8/23/21		8/24/21		8/25/21		8/26/21		8/27/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
BREAKFAST													
Cinnamon Roll^{^WGIW} 38	Cereal Bar^{^WGIW} 23	Mini Cinni Bagel^{^WGIW} 41	Cereal^{^WG} 23	Cinnamon Roll^{^WGIW} 38	Raspberry Bar^{^WG} 35	Maple Beef Sausage⁻ Pancake Sandwich^{WGIW} 16							
Apple Juice 16	Orange Juice 60	Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Orange Juice 13							
Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20							
LUNCH													
Peanut Butter + Jelly Sandwich^{pWGIW} 64	Yogurt + Granola^{^WG} 38/47	Chicken Ham⁺ + Cheese Sandwich^{WGIW} 32	Turkey⁺ + Cheese Croissant^{WG} 29	Chicken Patty[*] Sandwich^{WG} 37	Turkey⁺ + Turkey Ham⁺ + Cheese Sandwich^{WGIW} 27	Cheeseburger Sliders^{-WGIW} 30							
OR	Veggie Juice 10	Grape Tomatoes w/ Ranch 3/15	Celery w/ Peanut Butter Cups ^p 3/7	Broccoli 3	Roasted Chickpeas 24	Veggie Juice 10							
Turkey Sandwich⁺ on Bun^{WGIW} 27	Craisins 27	Fresh Fruit 7-26	Fruit Punch 14	Fresh Fruit 7-26	Fresh Fruit 7-26	Dried Fruit Mix 30							
Baby Carrots 8	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20							
Applesauce Cup 15													
Milk 13-20													

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups[^] OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Uncrustable)^{pv} OR Turkey^{*} (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk