

# YWCA

WORKING MENU

SPECIAL NOTE: CANNOT BE TWO OF THE SAME COMPONENTS

EXAMPLE - JUICE AND FRESH APPLES

MILK = 1 CUP

JUICE = 1 CUP

FRUIT OR VEGETABLES = 1/2 CUP

BREAD OR BREAD ALTERNATE = 1 SLICE

PEANUT BUTTER OR SOY BUTTER = 2 TABLESPOONS

CHEESE SLICES = 1oz

NOTE : MILK AND JUICE CANNOT BE SERVED AS THE 2 COMPONENTS

## June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 WHOLE GRAIN SALTINE CRACKERS WITH SOY BUTTER RAISINS UNFLAVORED SKIM MILK	2 FRESH APPLES WHOLE GRAIN ANIMAL CRACKERS	3 WG MAPLE GRAHAM BITES STRING CHEESE
6 WHOLE GRAIN SOFT PRETZEL RODS WITH CHEESE DIP UNFLAVORED SKIM MILK	7 WHOLE GRAIN PIZZA CRACKERS BANANAS	8 WHOLE GRAIN CINNAMON GRAHAM CRACKERS FRESH APPLES	9 WG SOY BUTTER & JELLY POCKETS UNFLAVORED SKIM MILK	10 APPLESAUCE WHOLE GRAIN CHEESE IT CRACKERS
13 MANDARIN ORANGES RAISIN BREAD WITH CREAM CHEESE	14 WG BLUEBERRY LEMON CRISPS UNFLAVORED SKIM MILK	15 WHOLE WHEAT HARD PRETZELS with MUSTARD DIP UNFLAVORED SKIM MILK	16 CARROT STICKS WITH RANCH DIP WG BREAD STICKS	17 WATERMELON STRING CHEESE
20 ORANGES WG BREAD STICKS	21 WHOLE GRAIN EDUCATIONAL CRACKERS UNFLAVORED SKIM MILK	22 YOGURT BANANAS	23 RED BEETS WITH HARD BOILED EGGS UNFLAVORED SKIM MILK	24 WG SWEET POTATO CRACKERS UNFLAVORED SKIM MILK
27 WHOLE GRAIN CINNAMON CRISP CRACKERS APPLESAUCE	28 WHOLE GRAIN ORIGINAL CRUNCH & CRAVE CRACKERS UNFLACORED SKIM MILK	29 WHOLE GRAIN PARTY MIX 100% APPLE JUICE	30 STRING CHEESE Grapes	