

July 2016

Winona Area Public Schools



Summer Food Service Program Winhawk Rolling Summer Cafe



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



MENUS ARE
SUBJECT TO
CHANGE

USDA IS AN
EQUAL OPPORTUNITY
PROVIDER AND
EMPLOYER

Muffin & Grahams **1**
Yogurt
String Cheese
Veggies/Fruit
Milk

4
INDEPENDENCE DAY
NO SUMMER MEALS SERVED

5
NO SUMMER MEALS SERVED

6
Hoagie Sandwich
Chips or Snack
Crackers
Veggies/Fruit
Milk

7
PB&J or SunButter
& Jelly Sandwich
String Cheese
Veggies/Fruit
Milk

8
Make Your Own
Pizza
Veggies/Fruit
Milk

11
Hoagie Sandwich
Chips or Snack
Crackers
Veggies/Fruit
Milk

12
PB&J or Sunbutter &
Jelly Sandwich
Veggies
Fruit
Milk

13
Make Your Own
Pizza
Veggies/Fruit
Milk

14
Hoagie Sandwich
Chips or Snack
Crackers
Veggies/Fruit
Milk

15
Muffin & Grahams
Yogurt
String Cheese
Veggies/Fruit
Milk

18
PB&J or Sunbutter &
Jelly on WG Bread
Veggies
Fruit
Milk

19
Deli Sandwich
Chips or Snack
Crackers
Veggies/Fruit
Milk

20
Hoagie Sandwich
Chips or Snack
Crackers
Veggies/Fruit
Milk

21
PB&J or Sunbutter
& Jelly Sandwich
String Cheese
Veggies/Fruit
Milk

22
Make Your Own
Pizza
Veggies/Fruit
Milk

25
Hoagie Sandwich
Chips or Snack
Crackers
Veggies/Fruit
Milk

26
PB&J or Sunbutter
& Jelly Sandwich
String Cheese
Veggies/Fruit
Milk

27
Make Your Own
Pizza
Veggies/Fruit
Milk

28
Hoagie Sandwich
Chips or Snack
Crackers
Veggies/Fruit
Milk

29
Muffin & Grahams
Yogurt
String Cheese
Veggies/Fruit
Milk