



SUMMER FOOD SERVICE PROGRAM Winhawk Rolling Summer Cafe

Nutrition Tip: 95% of Americans still aren't eating enough whole grain. Whole grains give kids the energy they need to be active and play sports! Reference: U.S. Department of Health and Human Services and U.S. Department of Agriculture Dietary Guidelines for Americans, 2015.

Monday

Tuesday

Wednesday

Thursday

Friday



1
MENUS ARE SUBJECT TO CHANGE

2

3
USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

6

7

8

9

10

13
Hoagie Sandwich
Chips or Snack Crackers
Veggies/Fruit
Milk

14
PB&J or SoyButter & Jelly Sandwich
String Cheese
Veggies/Fruit
Milk

15
Make Your Own Pizza
Veggies/Fruit
Milk

16
Hoagie Sandwich
Chips or Snack Crackers
Veggies/Fruit
Milk

17
Muffin & Grahams
Yogurt
String Cheese
Veggies/Fruit
Milk

20
PB&J or SoyButter & Jelly Sandwich
String Cheese
Veggies/Fruit
Milk

21
Deli Sandwich
Chips or Snack Crackers
Veggies/Fruit
Milk

22
Hoagie Sandwich
Chips or Snack Crackers
Veggies/Fruit
Milk

23
PB&J or SoyButter & Jelly Sandwich
String Cheese
Veggies/Fruit
Milk

24
Make Your Own Pizza
Veggies/Fruit
Milk

27
Hoagie Sandwich
Chips or Snack Crackers
Veggies/Fruit
Milk

28
PB&J or SoyButter & Jelly Sandwich
String Cheese
Veggies/Fruit
Milk

29
Make Your Own Pizza
Veggies/Fruit
Milk

30
Hoagie Sandwich
Chips or Snack Crackers
Veggies/Fruit
Milk

