### Community Action Planning Council - Summer Food Service Program Menu

**~ July 2014 ~**

<table>
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<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>No Meals</td>
<td><strong>Independence Day</strong></td>
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| Lunch: Bologna Sub, Green Pepper & Celery Sticks, Fresh Peaches  
**Snack:** Graham Crackers, Cran-Apple Juice | Lunch: Bologna Wrap, Celery Sticks, Mandarin Oranges  
**Snack:** Crackers, Apple Juice | Lunch: Chef Salad, Cool Surprise, Fruit Mixture  
**Snack:** Raisin Bread, Pineapple Juice | Lunch: Peanut Butter & Jelly Sandwich, Cheese Cubes, Carrot Sticks, Fresh Pears  
**Snack:** Muffin, Grape Juice | Lunch: Turkey Wrap, Celery Sticks, Apple, String Cheese  
**Snack:** Muffin, Grape Juice | Lunch: Ham & Cheese Sub, Pickles, Banana  
**Snack:** Celery with Peanut Butter Crackers |

| 13     | 14     | 15      | 16       | 17       | 18     | 19       |
| Lunch: Ham & Cheese Wrap, Green Peppers with Dip, Banana  
**Snack:** Cookie, Orange Juice | **Lunch:** | Lunch: Egg Salad in Pita, Carrot Sticks, Fresh Peaches  
**Snack:** Muffin, Grape Juice | Lunch: Bologna on Bun, Pickles, Apple  
**Snack:** Crackers, Applesauce | Lunch: Turkey Sandwich, Celery Sticks, Mixed Fruit  
**Snack:** Graham Crackers, Peanut Butter, Raisins | Lunch: Peanut Butter & Jelly, Carrot Sticks, Cheese, Applesauce  
**Snack:** Cheese, Crackers, Pepperoni |

| 20     | 21     | 22      | 23       | 24       | 25     | 26       |
| Lunch: Egg Salad in Pita, Tossed Salad, Orange  
**Snack:** Graham Crackers, Pineapple Juice | Lunch: Turkey & Cheese on Bun, Celery Sticks, Pineapple  
**Snack:** Cheese, Pepperoni, Crackers | Lunch: Ham Subs, Baby Carrots, Pears  
**Snack:** Crackers, Peanut Butter, Raisins | Lunch: Peanut Butter & Jelly Sandwich, Green Peppers, Apple  
**Snack:** Muffin, Fruit Juice | Lunch: Bologna Sandwich, Cucumber Slices, Fruit  
**Snack:** Cookie, Fruit Juice |

| 27     | 28     | 29      | 30       | 31       | 32     | 33       |
| Lunch: Turkey & Cheese Sandwich, Carrot Sticks, Fresh Pears  
**Snack:** Graham Crackers, Orange Juice | Lunch: Bologna Wrap, Celery Sticks, Mandarin Oranges  
**Snack:** Crackers, Apple Juice | Lunch: Ham & Cheese Sub, Cucumbers, Fresh Peaches, String Cheese  
**Snack:** Muffins, Grape Juice | Lunch: Egg Salad in Pita, Celery Sticks, Applesauce  
**Snack:** Crackers, Peanut Butter, Raisins |

**Menu items subject to change, depending on availability of products, such as fresh fruits or vegetables.**

**Milk is served with lunch. Breakfast available at some sites. Breakfast menu includes assorted cereal, fruit or fruit juice, milk. On occasion, muffins will be served in place of cereal.**