





SUMMER FEEDING PROGRAM

Lunch Menu

Menus subject to change




All meals served with 1% or lactaid milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			6/9 Chef Salad, Oatmeal Spice Bar, Puff Cheetos, Grapes Or Fruit & Yogurt, Sunflower Seeds, Bread Sticks, Snap Peas	6/10 Turkey/Cheese Sandwich, Southwest Pinto Salad, Sunchips Apple Or Caesar Salad, Southwest Pinto Salad, String Cheese, Sunchips, Apple
6/13  Cheese & Crackers, Strawberry Yogurt, Apple Bar, Cheez-It Crackers, Carrots, Juice Or Bagel & Cream Cheese String Cheese, Carrots Sunflower Seeds, Juice	6/14 Ham & Cheese Sandwich  Cherry Tomato, Nectarines Or Garden Salad String Cheese, Pizza Crackers, Nectarines	6/15 Salami, Cheese & Cracker Lunchable, Jicama & Dip, Cool Ranch Chips, Plums Or Fruit & Cheese Plate, Jicama & Dip, Cool Ranch Chips, Cookie, Plums	6/16 Turkey/Cheese Wrap, Hummus, Pretzels, Strawberries Or Veggie Platter, Hummus, Breadsticks String Cheese Pretzels, Strawberries	6/17 Tuna Sandwich Lettuce & Tomato Carrots, Cookie 100% Fruit Juice Or Snack Pack, Lettuce & Tomato, Carrots & Dip, Cookie
6/20  Cheesy Breadsticks w/Dip & Juice Or Cheese & Crackers Chocolate Grahams, Celery, Apple Slices	6/21 Ham & Cheese Sandwich, Cherry Tomatoes, Juice  Or Pasta Salad Cherry Tomatoes, String Cheese, Sunflower Seeds, Juice	6/22 Spinach Salad Egg, Garden Salsa Chips, Strawberry/Banana Yogurt Breadsticks Or Poorboy Sandwich, Lettuce & Tomato, Plain Applesauce	6/23 Ham/Cheese Wrap, Three Bean  Salad, Peach Or Caesar Salad, Three Bean Salad, String Cheese, Peach	6/24 Turkey/Cheese Sandwich, Cucumber, Cool Ranch Chips, Juice Or Fruit & Yogurt Parfait Cucumber, Cool Ranch Chips, Cookie
6/27 Snack Pack, Celery Sticks & Dip Cookie Or Cheese & Crackers, Celery Sticks w/Dip Apple Slices Cookie	6/28 Turkey & Cheese Sandwich, Lettuce & Tomato Carrots & Dip, Juice Or Pasta Salad, String Cheese, Sunflower Seeds, Lettuce & Tomato Cup, Juice	6/29 Ham & Cheese Sandwich, Cucumber & Dip, Carrot Pack, Tangerines Or Cheese & Crackers, Nutri-grain Bar, Cool Ranch Chips, Tangerines	6/30 Chef Salad, Oatmeal Spice Bar, Puff Cheetos, Grapes Or Fruit & Yogurt, Sunflower Seeds, Bread Sticks, Snap Peas	7/1 Turkey/Cheese Sandwich, Southwest Pinto Salad, Sunchips Apple Or Caesar Salad, Southwest Pinto Salad, String Cheese, Sunchips, Apple

All Meals served at no charge to children 18 years of age & younger at summer sites
For list of sites please visit wccusd.net



West Contra Costa Unified School District

Menu Key:  Meatless Option
 Contains Beef
 Contains pork

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7/4 ① Cheese & Crackers, Strawberry Yogurt, Apple Bar, Cheez-It Crackers, Carrots, Juice Or Bagel & Cream Cheese String Cheese, Carrots Sunflower Seeds, Juice</p>	<p>7/5 Ham & Cheese Sandwich  Cherry Tomato, Nectarines Or Garden Salad String Cheese, Pizza Crackers, Nectarines</p>	<p>7/6 Salami, Cheese & Cracker Lunchable, Jicama & Dip, Cool Ranch Chips, Plums Or Fruit & Cheese Plate, Jicama & Dip, Cool Ranch Chips, Cookie, Plums</p>	<p>7/7 Turkey/Cheese Wrap, Hummus, Pretzels, Strawberries Or Veggie Platter, Hummus, Breadsticks String Cheese Pretzels, Strawberries</p>	<p>7/8 Tuna Sandwich Lettuce & Tomato Carrots, Cookie 100% Fruit Juice Or Snack Pack, Lettuce & Tomato, Carrots & Dip, Cookie</p>
<p>7/11 ① Cheesy ① Breadsticks w/Dip & Juice Or Cheese & Crackers Chocolate Grahams, Celery, Apple Slices</p>	<p>7/12 Ham & Cheese Sandwich, Cherry Tomatoes, Juice  Or Pasta Salad Cherry Tomatoes, String Cheese, Sunflower Seeds, Juice</p>	<p>7/13 Spinach Salad Egg, Garden Salsa Chips, Strawberry/Banana Yogurt Breadsticks Or Poorboy Sandwich, Lettuce & Tomato, Plain Applesauce</p>	<p>7/14 Ham/Cheese Wrap, Three Bean ① Salad, Peach Or Caesar Salad, Three Bean Salad, String Cheese, Peach</p>	<p>7/15 Turkey/Cheese Sandwich, Cucumber, Cool Ranch Chips, Juice Or Fruit & Yogurt Parfait Cucumber, Cool Ranch Chips, Cookie</p>
<p>7/18 Snack Pack, Celery Sticks & Dip Cookie Or Cheese & Crackers, Celery Sticks w/Dip Apple Slices Cookie</p>	<p>7/19 Turkey & Cheese Sandwich, Lettuce & Tomato Carrots & Dip, Juice Or Pasta Salad, String Cheese, Sunflower Seeds, Lettuce & Tomato Cup, Juice</p>	<p>7/20 Ham & Cheese Sandwich, Cucumber & Dip, Carrot Pack, Tangerines Or Cheese & Crackers, Nutri-grain Bar, Cool Ranch Chips, Tangerines</p>	<p>7/21 Chef Salad, Oatmeal Spice Bar, Puff Cheetos, Grapes Or Fruit & Yogurt, Sunflower Seeds, Bread Sticks, Snap Peas</p>	<p>7/22 Turkey/Cheese Sandwich, Southwest Pinto Salad, Sunchips Apple Or Caesar Salad, Southwest Pinto Salad, String Cheese, Sunchips, Apple</p>
<p>7/25 ① Cheese & Crackers, Strawberry Yogurt, Apple Bar, Cheez-It Crackers, Carrots, Juice Or Bagel & Cream Cheese String Cheese, Carrots Sunflower Seeds, Juice</p>	<p>7/26 Ham & Cheese Sandwich  Cherry Tomato, Nectarines Or Garden Salad String Cheese, Pizza Crackers, Nectarines</p>	<p>7/27 Salami, Cheese & Cracker Lunchable, Jicama & Dip, Cool Ranch Chips, Plums Or Fruit & Cheese Plate, Jicama & Dip, Cool Ranch Chips, Cookie, Plums</p>	<p>7/28 Turkey/Cheese Wrap, Hummus, Pretzels, Strawberries Or Veggie Platter, Hummus, Breadsticks String Cheese Pretzels, Strawberries</p>	<p>7/29 Tuna Sandwich Lettuce & Tomato Carrots, Cookie 100% Fruit Juice Or Snack Pack, Lettuce & Tomato, Carrots & Dip, Cookie</p>
<p>8/1 ① Cheesy Breadsticks w/Dip & Juice Or Cheese & Crackers Chocolate Grahams, Celery, Apple Slices</p>	<p>8/2 Ham & Cheese Sandwich, Cherry Tomatoes, Juice Or Pasta Salad Cherry Tomatoes, String Cheese, Sunflower Seeds, Juice</p>	<p>8/3 Spinach Salad Egg, Garden Salsa Chips, Strawberry/Banana Yogurt Breadsticks Or Poorboy Sandwich, Lettuce & Tomato, Plain Applesauce</p>	<p>8/4 Ham/Cheese Wrap, Three Bean Salad, Peach Or Caesar Salad, Three Bean Salad, String Cheese, Peach</p>	<p>8/5 Turkey/Cheese Sandwich, Cucumber, Cool Ranch Chips, Juice Or Fruit & Yogurt Parfait Cucumber, Cool Ranch Chips, Cookie</p>
<p>8/8 Snack Pack, Celery Sticks & Dip Cookie Or Cheese & Crackers, Celery Sticks w/Dip Apple Slices Cookie</p>	<p>8/9 Turkey & Cheese Sandwich, Lettuce & Tomato Carrots & Dip, Juice Or Pasta Salad, String Cheese, Sunflower Seeds, Lettuce & Tomato Cup, Juice</p>	<p>8/10 Ham & Cheese Sandwich, Cucumber & Dip, Carrot Pack, Tangerines Or Cheese & Crackers, Nutri-grain Bar, Cool Ranch Chips, Tangerines</p>	<p>8/11 Chef Salad, Oatmeal Spice Bar, Puff Cheetos, Grapes Or Fruit & Yogurt, Sunflower Seeds, Bread Sticks, Snap Peas</p>	<p>8/12 Turkey/Cheese Sandwich, Southwest Pinto Salad, Sunchips Apple Or Caesar Salad, Southwest Pinto Salad, String Cheese, Sunchips, Apple</p>