

August & September 2016 Menu

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Chicken Parm. Sandwich; Enriched Hoagie roll; American cheese, 1 slice; Cucumber slices, 3/4 cup; Fresh fruit, banana; Milk, 1/2 pint	2 Italian Sub, ham, 1 oz., low salt salami, 1 oz.; Enriched Hoagie roll; American cheese, 1 slice; Cuc. slices, 3/4 cup; Fresh fruit; Milk, 1/2 pint	3 Chicken Patty; Enriched hamburger bun; Celery sticks, 3/4 cup; Fresh fruit, orange; Milk, 1/2 pint	4 Bologna Sandwich, 2 oz.; Enriched wheat bread, 2 slices; American cheese, 1 slice; Celery, 1/2 cup; Fresh fruit, apple; Milk 1/2 pint	5 Ham Sandwich, 2 oz.; Enriched wheat bread, 2 slices; American cheese, 1 slice; Baby carrots, 3/4 cup; Fresh fruit, apple; Milk, 1/2 pint	6
7	8 Meatball Sub, 2 oz.; Enriched Hoagie roll; baby carrots, 3/4 cup; Fresh fruit, apple; milk, 1/2 pint	9 Turkey Sandwich, 2 oz.; Enriched wheat bread, 2 slices; American cheese, 1 slice; Baby carrots, 3/4 cup; Fresh fruit, apple; Milk, 1/2 pint	10 Cheeseburger, 3 oz.; Enriched hamburger bun; American cheese, 1 slice; Baby carrots, 3/4 cup; Fresh fruit, banana; Milk, 1/2 pint	11 Turkey Wrap; Wheat wrap, 1; American cheese, 1 slice; Celery sticks, 3/4 cup; Fresh fruit, orange; Milk, 1/2 pint	12 Italian Sub, ham, 1 oz., low salt salami, 1 oz.; Enriched Hoagie roll; American cheese, 1 slice; Cucumber slices, 3/4 cup; Fresh fruit: apple; Milk, 1/2 pint	13
14	15 Chicken Parm. Sandwich; Enriched Hoagie roll; American cheese, 1 slice; Cucumber slices, 3/4 cup; Fresh fruit, banana; Milk, 1/2 pint	16 Chef Salad , Vegetables, 3/4 cup (carrots, onion, green pepper); Mozzarella cheese, 2 oz.; Pita bread; Fresh fruit, banana; Milk, 1/2 pint	17 Bologna Sandwich, 2 oz.; Enriched wheat bread, 2 slices; American cheese, 1 slice; Celery, 1/2 cup; Fresh fruit, apple; Milk 1/2 pint	18 Ham Sandwich, 2 oz.; Enriched wheat bread, 2 slices; American cheese, 1 slice; Baby carrots, 3/4 cup; Fresh fruit, apple; Milk, 1/2 pint	19 Chicken Patty; Enriched hamburger bun; Celery sticks, 3/4 cup; Fresh fruit, orange; Milk, 1/2 pint	20
21	22 Turkey Sandwich, 2 oz.; Enriched wheat bread, 2 slices; American cheese, 1 slice; Baby carrots, 3/4 cup; Fresh fruit, apple; Milk, 1/2 p	23 Cheeseburger, 3 oz.; Enriched hamburger bun; American cheese, 1 slice; Baby carrots, 3/4 cup; Fresh fruit, banana; Milk, 1/2 pint	24 Turkey Wrap; Wheat wrap, 1; American cheese, 1 slice; Celery sticks, 3/4 cup; Fresh fruit, orange; Milk, 1/2 pint	25 Meatball Sub, 2 oz.; Enriched Hoagie roll; baby carrots, 3/4 cup; Fresh fruit, apple; milk, 1/2 pint	26 Italian Sub, ham, 1 oz., low salt salami, 1 oz.; Enriched Hoagie roll; American cheese, 1 slice; Cuc. slices, 3/4 cup; Fresh fruit; Milk, 1/2 pint	27
28	29 Chicken Parm. Sandwich; Enriched Hoagie roll; American cheese, 1 slice; Cucumber slices, 3/4 cup; Fresh fruit, banana; Milk, 1/2 pint	30 Chef Salad , Vegetables, 3/4 cup (carrots, onion, green pepper); Mozzarella cheese, 2 oz.; Pita bread; Fresh fruit, banana; Milk, 1/2 pint	31 Bologna Sandwich, 2 oz.; Enriched wheat bread, 2 slices; American cheese, 1 slice; Celery, 1/2 cup; Fresh fruit, apple; Milk 1/2 pint	1 Ham Sandwich, 2 oz.; Enriched wheat bread, 2 slices; American cheese, 1 slice; Baby carrots, 3/4 cup; Fresh fruit, apple; Milk, 1/2 pint	2 Chicken Patty; Enriched hamburger bun; Celery sticks, 3/4 cup; Fresh fruit, orange; Milk, 1/2 pint	3

**YMCA
Camp
Lydon**

For Youth Development
For Healthy Living
For Social Responsibility

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