

# July 2016 Menu

SUN MON

TUE

WED

THU

FRI

SAT

					<p><b>1</b> 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</p>	<p><b>2</b></p>
<p><b>3</b></p>	<p><b>4</b> <b>July 4th Closed</b></p>	<p><b>5</b> 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</p>	<p><b>6</b> Cheeseburger, 3 oz.; Enriched hamburger bun; American cheese, 1 slice; Baby carrots, 3/4 cup; Fresh fruit, banana; Milk, 1/2 pint</p>	<p><b>7</b> Turkey Wrap; Wheat wrap, 1; American cheese, 1 slice; Celery sticks, 3/4 cup; Fresh fruit, orange; Milk, 1/2 pint</p>	<p><b>8</b> 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</p>	<p><b>9</b></p>
<p><b>10</b></p>	<p><b>11</b> Chef Salad , Vegetables, 3/4 cup (carrots, onion, green pepper); Mozzarella cheese, 2 oz.; Pita bread; Fresh fruit, banana; Milk, 1/2 pint</p>	<p><b>12</b> 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</p>	<p><b>13</b> Bologna Sandwich, 2 oz.; Enriched wheat bread, 2 slices; American cheese, 1 slice; Celery, 1/2 cup; Fresh fruit, apple; Milk 1/2 pint</p>	<p><b>14</b> Chicken Parm. Sandwich; Enriched Hoagie roll; American cheese, 1 slice; Cucumber slices, 3/4 cup; Fresh fruit, banana; Milk, 1/2 pint</p>	<p><b>15</b> Chicken Patty; Enriched hamburger bun; Celery sticks, 3/4 cup; Fresh fruit, orange; Milk, 1/2 pint</p>	<p><b>16</b></p>
<p><b>17</b></p>	<p><b>18</b> 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</p>	<p><b>19</b> Meatball Sub, 2 oz.; Enriched Hoagie roll; baby carrots, 3/4 cup; Fresh fruit, apple; milk, 1/2 pint</p>	<p><b>20</b> Turkey Wrap; Wheat wrap, 1; American cheese, 1 slice; Celery sticks, 3/4 cup; Fresh fruit, orange; Milk, 1/2 pint</p>	<p><b>21</b> Cheeseburger, 3 oz.; Enriched hamburger bun; American cheese, 1 slice; Baby carrots, 3/4 cup; Fresh fruit, banana; Milk, 1/2 pint</p>	<p><b>22</b> 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</p>	<p><b>23</b></p>
<p><b>24</b></p>	<p><b>25</b> Chicken Parm. Sandwich; Enriched Hoagie roll; American cheese, 1 slice; Cucumber slices, 3/4 cup; Fresh fruit, banana; Milk, 1/2 pint</p>	<p><b>26</b> Chef Salad , Vegetables, 3/4 cup (carrots, onion, green pepper); Mozzarella cheese, 2 oz.; Pita bread; Fresh fruit, banana; Milk, 1/2 pint</p>	<p><b>27</b> Bologna Sandwich, 2 oz.; Enriched wheat bread, 2 slices; American cheese, 1 slice; Celery, 1/2 cup; Fresh fruit, apple; Milk 1/2 pint</p>	<p><b>28</b> 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</p>	<p><b>29</b> Chicken Patty; Enriched hamburger bun; Celery sticks, 3/4 cup; Fresh fruit, orange; Milk, 1/2 pint</p>	<p><b>30</b></p>



**YMCA  
Camp  
Lydon**

**For Youth Development  
For Healthy Living  
For Social Responsibility**

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