

June & July 2016 Menu

SUN MON TUE WED THU FRI SAT

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Turkey Sandwich, 2 oz. ;Enriched wheat bread, 2 slices; American cheese, 1 slice ; Cucumber slices, 3/4 cup Fresh fruit, orange; milk, 1/2 pint	28 Meatball Sub, 2 oz.; Enriched Hoagie roll; baby carrots, 3/4 cup; Fresh fruit, apple; milk, 1/2 pint	29 Chef Salad , Vegetables, 3/4 cup (carrots, onion, green pepper); Mozzarella cheese, 2 oz.; Pita bread; Fresh fruit, banana; Milk, 1/2 pint	30 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.;	2 Enriched wheat bread, 2 slices; American cheese, 1 slice; Baby carrots, 3/4 cup; Fresh fruit, apple; Milk, 1/2 pint



**YMCA
Camp
Lydon**

For Youth Development
For Healthy Living
For Social Responsibility

YMCA Camp Lydon
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