

**Local Produce featured weekly!**  
All Meals served with milk and assorted fruit and vegetables



# JULY 2021

## Free Grab & Go Meals All Summer Long!

Available every Wednesday. Seven days of breakfast and lunch at one pick up!  
Child does not need to be present at meal pick-up



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



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No Meal Service

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#### Pick UP Locations

- Hampshire Heights 1:35-2:05pm
- Florence Heights 1-1:30pm
- 236 Pleasant Street 1-1:30pm
- Meadowbrook Apartments 1-1:30pm

Turkey Sandwich  
Chips  
Baby Carrots and Dip  
Breakfast: Whole Grain Muffin

Sunbutter & Jelly Sandwich  
Cheese Stick  
Cucumbers & Dip  
Breakfast: Cereal

Baked Pretzel & Cheese Sauce  
Celery Sticks & Sunbutter  
Breakfast: Cereal

Pasta Salad with Chickpeas  
Cheese Stick  
Breakfast: Banana Bread

Ham & Cheese Grinder  
Goldfish Crackers  
Mixed Bean Salad  
Breakfast: Whole Grain Muffin

Bagel Lunch (WG bagel, cheese stick, Sunbutter and yogurt)  
Breakfast: Cereal

Hummus Power Pack  
Served with crackers and cheese  
Breakfast: Breakfast Bar

Taco Salad (diced chicken, salsa, cheese & lettuce)  
Tortilla Chips  
Breakfast: Cereal

Chicken Dunks (Chicken nuggets, dip and pretzels)  
Breakfast: Blueberry Bread

Turkey Sandwich  
Chips  
Baby Carrots and Dip  
Breakfast: Whole Grain Muffin

Sunbutter & Jelly Sandwich  
Cheese Stick  
Cucumbers & Dip  
Breakfast: Cereal

Crispy Chicken Sandwich  
Chips  
Veggie Juice  
Breakfast: Breakfast Bar

Baked Pretzel & Cheese Sauce  
Celery Sticks & Sunbutter  
Breakfast: Cereal

Pasta Salad with Chickpeas  
Cheese Stick  
Breakfast: Banana Bread

Ham & Cheese Grinder  
Goldfish Crackers  
Mixed Bean Salad  
Breakfast: Whole Grain Muffin

Bagel Lunch (WG bagel, cheese stick, Sunbutter and yogurt)  
Breakfast: Cereal

Hummus Power Pack  
Served with crackers and cheese  
Breakfast: Breakfast Bar

Chicken Salad  
Whole Grain Breadstick  
Breakfast: Cereal

Chicken Dunks (Chicken nuggets, dip and pretzels)  
Breakfast: Blueberry Bread

Turkey Sandwich  
Chips  
Baby Carrots and Dip  
Breakfast: Whole Grain Muffin

Sunbutter & Jelly Sandwich  
Cheese Stick  
Cucumbers & Dip  
Breakfast: Cereal

Menu Subject to Change  
This institution is an equal opportunity employer, May 2020

**Saturday and Sunday Meals Included with Each Grab and Go Bag**  
Assorted Cereal, WG Muffin and Fruit provided for Breakfast.  
Assorted Sandwiches, Chips, vegetable & Fruit provided for Lunch

Grab and Go lunch with Breakfast kit provided to NPS summer school students daily attending at NHS.  
Two lunches and breakfasts provided on Thursday's.



¡Produce locales semanalmente!

Todas las comidas servidas con leche, frutas y verduras.



# Julio 2021

**Gratis Grab & Go Meals**

**¡todo el verano!**

Disponibles todos los miércoles. Siete días de desayuno y almuerzo. Un lugar de recogida. El niño no necesita estar presente en el lugar de la comida.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



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No  
Meal Service

5

"Pretzel" y queso  
Apio y Sunbutter  
Desayuno: Cereal

6

Ensalada de pasta  
Garbanzos  
Palito de queso  
Desayuno: Pan de banana

7

Sándwich de Jamón  
"Goldfish Crackers"  
Ensalada de frijoles  
Desayuno: Muffin

8

"Bagel Lunch"  
(WG bagel, palito de queso,  
Sunbutter y yogur)  
Desayuno: Cereal

9

12

"Hummus Power Pack"  
Servido con galletas y queso  
Desayuno: Barra de desayuno

13

Ensalada de taco  
(pollo, salsa, queso  
y lechuga)  
Chips de tortilla  
Desayuno: Cereal

14

Pollo "Dunks"  
(Nuggets de pollo, salsa y "pretzels")  
Desayuno: Pan de banana

15

Sándwich pava  
y papas fritas  
Zanahorias y salsa  
Desayuno: Muffin

16

Sándwich Sunbutter  
mermelada  
Palito de queso  
Pepino y salsa  
Desayuno: Cereal

19

Pollo crujiente y papas fritas  
Jugo de vegetales  
Desayuno: Barra de desayuno

20

"Pretzel" y queso  
Apio y Sunbutter  
Desayuno: Cereal

21

Ensalada de pasta  
Garbanzos  
Palito de queso  
Desayuno: Pan de banana

22

Sándwich de Jamón  
"Goldfish Crackers"  
Ensalada de frijoles  
Desayuno: Muffin

23

"Bagel Lunch"  
(WG bagel, palito de queso,  
Sunbutter y yogur)  
Desayuno: Cereal

26

"Hummus Power Pack"  
Servido con galletas y queso  
Desayuno: Barra de desayuno

27

Ensalada de pollo  
Palito de pan  
Desayuno: Cereal

28

Pollo "Dunks"  
(Nuggets de pollo, salsa y "pretzels")  
Desayuno: Pan de arándano

29

Sándwich pava  
y papas fritas  
Zanahorias y salsa  
Desayuno: Muffin

30

Sándwich Sunbutter  
mermelada  
Palito de queso  
Pepino y salsa  
Desayuno: Cereal

**Comidas de los sábados y domingos incluidas con la bolsa Grab and Go.**

Cereales variados, muffins y fruta para el desayuno.  
Sándwiches surtidos, patatas fritas, verduras y frutas para el almuerzo.

Menú Sujeto a cambios  
Esta institución es un proveedor de igualdad de oportunidades, mayo de 2020

Grab and Go almuerzo y con bolsa de desayuno proporcionada a los estudiantes de la escuela de verano de NPS todos los días.  
Dos almuerzos y desayunos el jueves.