



SUMMER EATS

FREE MEALS FOR KIDS & TEENS

JULY 2018
Lunch
East Falmouth Library

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9 Pasta Salad , 1/2 cup; diced cucumber and peppers, 1/4 cup; Low fat mozzarella cheese stick, 2 oz; Apple, Milk 1/2 pint	10 Roast Beef Sub , 2 oz, Whole grain roll, 1 roll; Lettuce, 1/4 cup; Cheddar cheese, 1 slice; Peach; Milk, 1/2 pint	11 Chicken Caesar Wrap , 2oz; Whole grain wrap, 1 wrap; lettuce, 1/4 cup; Peaches 1; Milk, 1/2 pint	12	13
16 Turkey Sandwich , 2 oz. ; Whole grain bread, 2 slices; Cheddar cheese, 1 slice ; Baby carrots, 1/2 cup; Orange, Milk, 1/2 pint	17 Turkey Pita , 2 oz; Whole grain pita, 1/2; Lettuce, 1/4 cup; Low fat cheddar cheese, 1 slice; Orange, 1; Milk, 1/2 pint	18 Pasta Salad , 1/2 cup; Diced cucumber & peppers 1/4 cup; Low fat mozzarella cheese stick, 2 oz; Orange; Milk, 1/2 pint	19	20
23 Chicken Salad Sandwich , 2oz; Whole grain bread, 2 slices; Baby carrots, 1/2 cup; Peaches, 1; Milk 1/2 pint	24 Turkey Pita , 2 oz; Whole grain pita, 1/2; Lettuce, 1/4 cup; Low fat cheddar cheese, 1 slice; Orange, 1; Milk, 1/2 pint	25 Turkey Club Wrap 2 oz; Whole grain bread 2 slices; Cheddar cheese, 1 slice; Lettuce, 1/4 cup; Banana 1/2 Cup; Milk, 1/2 pint	25	26
30 Pasta Salad , 1/2 cup; diced cucumber and peppers, 1/4 cup; Low fat mozzarella cheese stick, 2 oz; Apple, Milk	31 Roast Beef Sub , 2 oz, Whole grain roll, 1 roll; Lettuce, 1/4 cup; Cheddar cheese, 1 slice; Peach; Milk, 1/2 pint			



SUMMER EATS

AUGUST 2018
Lunch
East Falmouth Library

FREE MEALS FOR KIDS & TEENS

Mon	Tue	Wed	Thu	Fri
		1 Chicken Caesar Wrap , 2oz; Whole grain wrap, 1 wrap; let- tuce, 1/4 cup; Banana; Milk, 1/2 pint	2	3
6 Turkey Sandwich , 2 oz. ; Whole grain bread, 2 slices; Cheddar cheese, 1 slice ; Baby carrots, 1/2 cup; Orange, Milk, 1/2 pint	7 Turkey Pita , 2 oz; Whole grain pita, 1/2; Lettuce,1/4 cup; Low fat cheddar cheese, 1 slice; Orange, 1; Milk, 1/2 pint	8 Pasta Salad , 1/2 cup; Diced cucumber & peppers 1/4 cup; Low fat mozzarella cheese stick, 2 oz; Orange; Milk, 1/2 pint	9	10
13 Chicken Salad Sandwich , 2oz; Whole grain bread, 2 slices; Baby carrots, 1/2 cup; Peaches, 1; Milk 1/2 pint	14 Turkey Pita , 2 oz; Whole grain pita, 1/2; Lettuce,1/4 cup; Low fat cheddar cheese, 1 slice; Orange, 1; Milk, 1/2 pint	15 Turkey Club Wrap 2 oz; Whole grain bread 2 slices; Cheddar cheese, 1 slice; Lettuce, 1/4 cup; Banana 1/2 Cup; Milk, 1/2 pint	16	17
20 Pasta Salad , 1/2 cup; diced cucumber and peppers, 1/4 cup; Low fat mozzarella cheese stick, 2 oz; Apple, Milk 1/2 pint	21 Roast Beef Sub , 2 oz, Whole grain roll, 1 roll; Lettuce, 1/4 cup; Cheddar cheese, 1 slice; Peach; Milk, 1/2 pint	22 Chicken Caesar Wrap , 2oz; Whole grain wrap, 1 wrap; let- tuce, 1/4 cup; Peaches 1; Milk, 1/2 pint	23	24
27	28	29	30	31