



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Sample Grab & Go Supper Menu September 2015 Jennifer Puthoff, YMCA of Silicon Valley				
Monday	Tuesday	Wednesday	Thursday	Friday
	Ham slider Skeeter cinnamon grahams/ HB egg/ string cheese kit	Chicken ranch slider Smart crackers/ string cheese kit	Turkey slider/ honey nutz Goldfish pretzels/string cheese kit	BBQ chicken slider RF whole grain crackers/ sunbutter/ string cheese kit
Chicken ranch slider Cheddar goldfish/ sunflower seeds/ string cheese kit	Ham slider Salsa rumbles/ string cheese/ honey nutz kit	BBQ chicken slider Skeeter cinnamon grahams/ sunbutter/ string cheese kit	Turley slider Smart crackers/ soy nutz/ string cheese kit	Chicken salad slider RF whole grain cracker
Ham Slider Goldfish pretzels/ sunbutter/ string cheese kit	Chicken bites kit Skeeter Cinnamon grahams/ HB egg/ string cheese kit	Turkey slider/ honey nutz Ranch rumbles/ string cheese/ honey nutz kit	Chicken salad slider Cheddar goldfish/ HB egg/ string cheese kit	Chicken ranch slider Smart crackers, sunflower seeds/ string cheese kit
Turkey slider Skeeter cinnamon grahams/ sunbutter/ string cheese kit	BBQ chicken slider Salsa rumbles/ string cheese/ honey nutz	Ham slider Goldfish pretzels/ sunbutter/string cheese	Chicken ranch slider RF whole grain crackers/ sunbutter/ string cheese kit	Cheese slider/ sunflower seeds Cheddar goldfish/ sunflower seeds/ string cheese
Chicken salad slider Smart crackers/ soy nutz/ string cheese kit	Ham slider Skeeter cinnamon grahams/ HB egg String cheese	Chicken ranch slider Ranch rumbles/ string cheese/ honey nutz		



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Sample Supper Menu
October 2015
Jackie Grant, YMCA of Roanoke Valley

Monday	Tuesday	Wednesday	Thursday	Friday
			Deli Turkey on Kaiser Roll Celery Sticks with Ranch Pretzels Fresh Peach Skim Milk	Tuna Salad Wrap with Lettuce Baby Carrots with Ranch Banana Baked Cookie Skim Milk
Chef Salad with Fajita Chicken and Cheese WG Roll Diced Pear Rice Crispy Treat Skim Milk	Deli Sub Baked Tortilla Chips with Salsa Fresh Plum Skim Milk	Turkey BLT on Wheatberry Bread Cole Slaw Apple Elf Graham Crackers Skim Milk	Chicken Salad in a Pita Pocket Baby Carrots with Ranch Pineapple Tidbits Baked Cookie Skim Milk	Ham & Cheese on WG Croissant Cucumber and Tom. Salad WG Cheez-It Orange Slices Skim Milk
Chef Salad with Turkey and Cheese WG Roll Fruited Jell-O Elf Graham Crackers Skim Milk	PB&J on Wheatberry Bread Fresh Broccoli Florets with Ranch Baked Chips Mixed Fruit Cup Skim Milk	Fajita Chicken Wrap w/ Shredded Cheese, Lettuce & Tom. Baked Tortilla Chips with Salsa Applesauce Skim Milk	Deli Turkey on Kaiser Roll Celery Sticks with Ranch Pretzels Fresh Peach Skim Milk	Tuna Salad Wrap with Lettuce Baby Carrots with Ranch Banana Baked Cookie Skim Milk
Chef Salad with Fajita Chicken and Cheese WG Roll Diced Pear Rice Crispy Treat Skim Milk	Deli Sub Baked Tortilla Chips with Salsa Fresh Plum Skim Milk	Turkey BLT on Wheatberry Bread Cole Slaw Apple Elf Graham Crackers Skim Milk	Chicken Salad in a Pita Pocket Baby Carrots with Ranch Pineapple Tidbits Baked Cookie Skim Milk	Ham & Cheese on WG Croissant Cucumber and Tom. Salad WG Cheez-It Orange Slices Skim Milk
Chef Salad with Turkey and Cheese WG Roll Fruited Jell-O Elf Graham Crackers Skim Milk	PB&J on Wheatberry Bread Fresh Broccoli Florets with Ranch Baked Chips Mixed Fruit Cup Skim Milk	Turkey BLT on Wheatberry Bread Cole Slaw Apple Elf Graham Crackers Skim Milk	Chicken Salad in a Pita Pocket Baby Carrots with Ranch Pineapple Tidbits Baked Cookie Skim Milk	Ham & cheese on WG Croissant Cucumber and Tom. Salad WG Cheez-It Orange Slices Skim Milk



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Sample "Super Snack" Menu
 Fall 2015
 Jennie Melde, La Crosse Area Family YMCA

Monday	Tuesday	Wednesday	Thursday	Friday
	Turkey Whole Wheat Tortilla Cauliflower Banana Skim Milk	Trix Cereal Bowl Kiwi Cucumbers String cheese Skim Milk	Celery Pineapple Graham Bites Cottage Cheese Skim Milk	Chocolate Chip Oatmeal Bar Orange Leftover Vegetables Yogurt Skim Milk
Elf Grahams Cucumber Banana Yogurt Skim Milk	Sugar Snap Peas Pineapple Butterscotch Oatmeal Bar Cottage Cheese Skim Milk	Cheerio Bowl Celery Kiwi String Cheese Skim Milk	Graham Fish Carrots Orange Yogurt Skim Milk	Deli Turkey Tortilla Leftover Vegetables Apple Skim Milk
Elf Grahams Cucumber Banana Yogurt Skim Milk	Broccoli Pineapple Butterscotch Oatmeal Bar Cottage Cheese Skim Milk	Celery Pear Cheerio Bowl String Cheese Skim Milk	Cereal Bowl Carrots Orange Yogurt Skim Milk	Deli Turkey Tortilla Leftover Vegetables Apple Skim Milk
Cucumber Banana Chex Mix- Strawberry Hard Boiled Egg Skim Milk	Cereal Bowl: Corn Flakes Cauliflower Grapes Cottage Cheese Skim Milk	Teddy Grahams String Cheese Celery Kiwi Skim Milk	Cereal Bowl: Mini Wheats Carrots Orange Yogurt Skim Milk	Deli Turkey Tortilla Leftover Vegetables Apple Skim Milk



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Sample Cold Lunch/Supper Menu
April 2015 Sara Cole
YMCA of Greater Rochester

Monday	Tuesday	Wednesday	Thursday	Friday
		Chef's Salad Turkey ham 2 oz. & chicken strips 2 oz., cheese 1 oz., onion, cucumber, tomato, carrot & greens (1 cup) Light Dressing Wheat roll Orange 1% Milk	Turkey & Cheese Sliced turkey Swiss cheese Whole wheat bread Coleslaw Apple 1% Milk	Asian Noodle Salad Whole Wheat Noodles Sesame Chicken Carrots, Cabbage, Peppers, Onion Soy Ginger Dressing Banana 1% Milk
Cobb Salad Turkey, cheese Tomato, onion, cucumber & greens Ranch dressing Whole wheat roll Apple 1% Milk	Chicken Salad Plate BBQ Chicken Shredded lettuce & tomato salad Light Italian dressing Carrot sticks Whole wheat crackers Banana 1% Milk	Buffalo Chicken Wrap Buffalo chicken with lettuce and tomato Cheese 6' wheat tortilla Carrot sticks Orange 1% Milk	Turkey Sandwich Sliced turkey Whole wheat bread Carrot sticks Ranch dressing Mayonnaise Sliced Apples 1% Milk	Southwest Salad Grilled chicken Corn, tomato & greens Black beans Cheddar cheese Ranch dressing Whole wheat roll Apple 1% Milk
Turkey Ham & Cheese Sliced turkey ham Cheese Whole wheat bread Fiesta corn Apple 1% Milk	Chicken Salad Chicken salad with Lettuce and tomato Whole wheat bread Carrot sticks Banana 1% Milk	Chef's Salad Turkey ham 2 oz. & chicken strips 2 oz., cheese 1 oz., onion, cucumber, tomato, carrot & greens (1 cup) Light Dressing Wheat roll Orange 1% Milk	Turkey & Cheese Sliced turkey Swiss cheese Whole wheat bread Coleslaw Apple 1% Milk	Asian Noodle Salad Whole Wheat Noodles Sesame Chicken Carrots, Cabbage, Peppers, Onion Soy Ginger Dressing Banana 1% Milk
Cobb Salad Turkey, cheese Tomato, onion, cucumber & greens Ranch dressing Whole wheat roll Orange 1% Milk	Chicken Salad Plate BBQ Chicken Shredded lettuce & tomato salad Light Italian dressing Carrot sticks Whole wheat crackers Banana 1% Milk	Buffalo Chicken Wrap Buffalo chicken with lettuce and tomato Cheese 6' wheat tortilla Carrot sticks Apple 1% Milk	Turkey Sandwich Sliced turkey Whole wheat bread Carrot sticks Ranch dressing Mayonnaise Sliced Apples 1% Milk	Southwest Salad Grilled chicken Corn, tomato & greens Black beans Cheddar cheese Ranch dressing Whole wheat roll Apple 1% Milk
Turkey Ham & Cheese Sliced turkey ham Cheese Whole wheat bread Fiesta corn Apple 1% Milk	Chicken Salad Chicken salad with Lettuce and tomato Whole wheat bread Carrot sticks Banana 1% Milk	Chef's Salad Turkey ham 2 oz. & chicken strips 2 oz., cheese 1 oz., onion, cucumber, tomato, carrot & greens (1 cup) Light Dressing Wheat roll Orange 1% Milk	Turkey & Cheese Sliced turkey Swiss cheese Whole wheat bread Coleslaw Apple 1% Milk	



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Sample Hot/Cold Supper Menu
November 2015
Ed Wallace, Hopkins County Family YMCA

Monday	Tuesday	Wednesday	Thursday	Friday
2oz Chicken & Bean Taco Meat 3oz Corn 1 Pear 1 pkg. Tortilla chips 1 Taco Sauce 8oz Milk	2oz Grilled Chicken Patty 3oz Broccoli Florets 3oz Peaches Bun 1 Mayo 1 Ranch 8oz Milk	2oz Beef Meat Balls 1oz Spaghetti Sauce 3oz Peas 3oz Grapes Bun 8oz Milk	Chicken Nuggets 3oz Vegetarian Beans 1 Orange 1 Ketchup 8oz Milk <i>(Nuggets = 2oz m/ma+1br)</i>	2oz Turkey Sub Meat on Bun 1 Slice Cheese 3oz Cherry Tomato 3oz Fruit Cocktail 1 Ranch Dressing 1 Mayo 8oz Milk
6oz Macaroni & Cheese 3oz Green Beans 1 Apple 8oz Milk W/G Bread/Margarine (Macaroni = 2m/ma+1gr)	2oz Beef Patty 3oz Tossed Salad 1 Orange Bun 1 Ketchup 1 Ranch 8oz Milk	6oz Chicken & Noodles 3oz Mixed Vegetable 1 Banana Bread/Margarine 8oz Milk (Chicken = 2oz m/ma+1gr)	2oz Turkey Hot Dog 3oz Baby Carrots 3oz Pineapple Bun 1 Ketchup 1 Ranch 8oz Milk	2oz Turkey on Bun 3oz Celery Sticks 3oz Tropical Fruit 1ea Mustard 1 Ranch Dressing 8oz Milk
2ea Turkey Sausage French Toast Sticks 3oz Wedge Potato 4oz 100% Orange Juice 1 Ketchup Syrup 8oz Milk (Fr Toast = 1m/ma+1 br)	2oz Breaded Chicken Patty 3oz Baby Carrots 3oz Peaches Bun 1 Mayo 1 Ranch 8oz Milk	Macaroni 2oz Beef Crumbles 2oz Spaghetti Sauce 3oz Green Beans 1 Apple Bread/Margarine 8oz Milk (Macaroni = 2oz m/ma+1gr)	2oz Salisbury Steak 3oz Mashed Potato 3oz Grapes 1oz Gravy Bread/Margarine 8oz Milk	2oz Turkey Sub Meat on Bun 1 Slice Cheese 3oz Broccoli Florets 3oz Fruit Cocktail 1 Mayo 8oz Milk
6oz Beef Ravioli 3oz Peas 1 Orange Bread/Margarine 8oz Milk	2oz Turkey on Bun 3oz Baby Carrots 3oz Peaches 1 Ranch Dressing 1 Mayo 8oz Milk	2 oz. Turkey Sub Meat on Bun 1 Slice Cheese 3oz Celery Sticks 3oz Fruit Cocktail 1 Mayo 8oz Milk	Thanksgiving	No School
2oz Chicken & Bean Taco Meat 3oz Corn 1 Pear 1 pkg. Tortilla chips 1 Taco Sauce 8oz Milk				