



# SUMMER MEALS

## What's on the Menu?

Week of **June 29** through **July 3**

Monday	Tuesday	Wednesday	Thursday	Friday
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### Breakfast

Assorted Breakfast	Assorted Breakfast	Assorted Breakfast	Assorted Breakfast	<b>Tent Site Closed</b>
Milk	Milk	Milk	Milk	Meals will be distributed Thursday

### Lunch

<b>Grilled Chicken Garden Salad</b>  Dinner Roll  <i>Ranch Dressing</i>	<b>BBQ Grilled Chicken Sandwich</b> Baby Carrots  <i>BBQ Sauce</i> <i>Ranch Dressing</i>	<b>Turkey &amp; Cheese WW Roll</b> Baby Carrots  <i>Ranch Dressing</i>	<i>(Thurs)</i> <b>Ham &amp; Cheese WW Roll</b> Celery <i>Mayo Packet</i> <i>Ranch Dressing</i>  <i>(Fri)</i> <b>Chicken Patty</b> Corn <i>Mayo Packet</i>  <i>(Sat)</i> <b>Bagel</b> String Cheese Raisin Yogurt	Happy Independence Day Weekend!  
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Serving up happy & healthy



# Preparing Your Meal

Please use the following instructions for storing and heating your meal at home.

**Please Note:** Your Meal Box contains perishable products, and should be immediately stored in refrigeration between 36° F- 41° F, for best quality and freshness



**Keep Cold  
Foods Cold**

**100% Fruit Juice  
Yogurt Cups  
String Cheese  
Deli Sandwiches**

store in refrigeration between 36°F – 41°F for best quality and freshness



**Heat Hot  
Foods Up**

**Breakfast Sandwich:**

Remove from Wrapper, Place on microwave safe plate. Microwave :30 - 1 Minute

**Crispy Chicken Sandwich/Cheeseburger/Nuggets:**

Conventional Oven – Reheat until internal temperature reaches 165F

Microwave – Remove from Wrapper, Place on microwave safe plate and microwave on High for 1:30 or until internal temperature reaches 165F



**Remember to wash your  
hands before you eat!**



**Serving up happy & healthy**