



**CAPTAIN Summer Meal
Program Menu
Provided by
Shenendehowa Central Schools Kitchen
2017**



1/2 Pint of 1% Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
Ham Sandwich Cucumber Slices 100% Fruit Juice Fresh Fruit Cup Milk	Chicken Salad Sandwich Baby Carrots 100% Fruit Juice Apple Milk	Turkey Sandwich Tossed Salad 100% Fruit Juice Mandarin Oranges Milk	Peanut Butter and Jelly Sandwich Celery Sticks 100% Fruit Juice Banana Milk	Cold Pizza Cucumber Slices 100% Fruit Juice Diced Pears Milk
4oz Yogurt 1 Plain Bagel Cream Cheese Cheese Stick 100% Fruit Juice Applesauce Milk	Turkey Sandwich Cucumber Slices 100% Fruit Juice Apple Milk	Peanut Butter and Jelly Sandwich Baby Carrots 100% Fruit Juice Fresh Fruit Cup Milk	Ham Sandwich Tossed Salad 100% Fruit Juice Banana Milk	Cold Pizza Celery Sticks 100% Fruit Juice Mandarin Oranges Milk
Peanut Butter and Jelly Sandwich Cucumber Slices 100% Fruit Juice Banana Milk	4oz Yogurt 1 Plain Bagel Cream Cheese Cheese Stick 100% Fruit Juice Applesauce Milk	Turkey Sandwich Baby Carrots 100% Fruit Juice Diced Pears Milk	Tuna Sandwich Tossed Salad 100% Fruit Juice Fresh fruit cup Milk	Cold Pizza Cucumber Slices 100% Fruit Juice Apple Milk
Ham Sandwich Baby Carrots 100% Juice Fresh Fruit Cup Milk	Peanut Butter and Jelly Sandwich Tossed Salad 100% Fruit Juice Mandarin Oranges Milk	4oz Yogurt 1 Plain Bagel Cream Cheese Cheese Stick 100% Fruit Juice Diced Pears Milk	Turkey Sandwich Celery Sticks 100% Fruit Juice Apple Milk	Cold Pizza Cucumber Slices 100% Fruit Juice Applesauce Milk



Key:
3 oz of Protein
4 oz of either Fruit Cup,
Salads, Vegetables or
Jello
100% Fruit Juice Only

Key:
Salad Fillings such as
Tuna or Chicken are
all 4 oz servings

**Questions call
518-371-1185**

