



### Afterschool Programs of Lancaster

(dba West After School Center, Inc)

#### SUMMER LUNCH MENU

JUNE: 2019



	WEDNESDAY June 5	THURSDAY June 6	FRIDAY June 7
	Hot Dog 2 oz	PB & J Uncrustable 2.8 oz	French Toast 3.5 oz
	Green Beans 1/4 cup	Carrots 1/4 cup	Sausage Links 2
	Peaches 1/2 cup	Whole Apple	Whole Banana
	Bun	Cheese Stick 1 oz	Orange Juice 1/2 cup
	Milk 1/2 pt	Milk 1/2 pt	Milk 1/2 pt

MONDAY June 10	TUESDAY June 11	WEDNESDAY June 12	THURSDAY June 13	FRIDAY June 14
Pizza	Turkey and Cheese Sub/Bun	Chicken Leg 4.4 oz	Ham and Cheese Sub/Bun	Walking Taco Meat 2 oz
Carrots 1/3 cup	Broccoli 1/4 cup	Roll 1 oz	Carrots 1/4 cup	Corn Chips 1 oz
Mandarin Oranges 1/2 cup	Whole Apple	Green Beans 1/4 cup	Mandarin Oranges	Lettuce 1/2 cup & Cheese
Salad (1/2 c lettuce & cheese)	Cookie	Pineapple 1/2 cup	BBQ Pop Chips	Slushie 1/2 cup
Milk 1/2 pt	Milk 1/2 pt	Milk 1/2 pt	Milk 1/2 pt	Milk 1/2 pt

MONDAY June 17	TUESDAY June 18	WEDNESDAY June 19	THURSDAY June 20	FRIDAY June 21
Meatballs 2 oz/Sauce	PB & J Uncrustable 2.8 oz	Grilled Chicken Nuggets 2 oz	Turkey and Cheese Sub/Bun	Pork Rib Patty 2.4
Roll 1 oz	Cheese Stick 1 oz	Green beans 1/4 cup	Carrots & Celery 1/2 cup	Corn Bread Loaf 2 oz
Peas 1/4 cup	Broccoli & Cauliflower 1/4 cup	Peaches 1/2 cup	Grapes 1/2 cup	Cooked Mixed Veg. 1/4 cup
Pears 1/2 cup	Applesauce 1/2 cup	Roll	Goldfish Crackers	Pears 1/2 cup
Milk 1/2 pt	Milk 1/2 pt	Milk 1/2 pt	Milk 1/2 pt	Milk 1/2 pt

MONDAY June 24	TUESDAY June 25	WEDNESDAY June 26	THURSDAY June 27	FRIDAY June 28
BB Pancake Stick 2.85 oz	Ham & Cheese Sub/Bun	Cheeseburger 2 oz/Bun	PB & J Uncrustable 2.8 oz	Walking Taco Meat 2 oz
Yogurt 4 oz	Carrots & Celery 1/4 cup	Green Beans 1/4 cup	Cheese Stick 1 oz	Corn Chips 1 oz
Juice Box 4 oz	Whole Apple	Pineapple 1/2 cup	Broccoli & Cauliflower 1/4 cup	Lettuce 1/2 cup & Cheese
Mandarin Oranges 1/2 cup	Cookie	Pickle	Whole Banana	Slushie 1/2 cup
Milk 1/2 pt	Milk 1/2 pt	Milk 1/2 pt	Milk 1/2 pt	Milk 1/2 pt

Menu subject to change.

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