

Summer foods  
Newell-Fonda Commons Fonda city park  
11:30-12:15

◀ Jun 2019		<b>July 2019</b>						Aug 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<b>Students-Free</b> <b>Adults-\$3.75</b>	<b>1</b> Hamburger 2.10 oz./Bun-3 oz Potato-1/2 c Carrots-1/2 c Cauliflower-1/2 c Strawberries-1/2 c. Mandarin oranges-1/2 c Skim/Choc milk-1 c	<b>2</b> Pepperoni Pizza- 4.48 oz Lettuce salad-1/2 c Carrots-1/2 c Broccoli- 1/2 c Grapes- 1/2 c. Peaches- 1/2 c Skim/Choc milk- 1 c	<b>3</b> Mini Corn dogs-6= 4 oz Corn-1/2 c Pasta salad-1/2 c. Carrots- 1/2 c Pears-1/2 c. Cantelope-1/2 c Skim/Choc milk-1 c	<b>4</b> <b>Holiday Closed</b>	<b>5</b> <b>Holiday Closed</b>	<b>6</b>		
<b>7</b>	<b>8</b> Spaghetti w/meatsauce-1/2 c Breadstick-1 Lettuce- 1/2 c. Broccoli-1/2 c Peaches-1/2 c. Grapes- 1/2 c Skim/Choc milk	<b>9</b> Grilled Chicken-3 oz/Bun-3 oz Mixed vegetables-1/2 c Cucumbers-1/2 c Carrots-1/2 c Cantelope-1/2 c Applesauce-1/2 c Skim/choc milk-1 c	<b>10</b> Tortilla-1 Taco meat-3 oz Corn-1/2 c Lettuce/Tomato/Olives-1/2 c Carrots-1/2 c. Celery-1/2 c Watermelon-1/2 c Peaches-1/2 c Skim./Choc milk-1 c	<b>11</b> BBQ Chicken-3 oz/Bun -3 oz Peas-1/2 c Broccoli-1/2 c. Cauliflower- 1/2 c Pears-1/2 c Strawberries-1/2 c Skim/Choc milk-1 c	<b>12</b> Hot dog-2 oz/Bun-2 oz Green beans-1/2 c Cucumbers-1/2 c Coleslaw-1/2 c Applesauce-1/2 c Fresh fruit-1/2 c Skim/Choc milk-1 c	<b>13</b>		
<b>14</b>	<b>15</b> Chicken strips 3=3 oz Carrots-1/2 c B&B1 sl/1t Tomato-1/2 c Celery-1/2 c Orange slices-1/2 c Skim/Choc milk	<b>16</b> Maid-rite 1/2 c=3 oz/Bun-3 oz Potato-1/2 c Broccoli-1/2 Cauliflower-1/2 c Grapes-1/2 c Applesauce-1/2 c Skim/Choc milk-1 c	<b>17</b> Ham & Potato Casserole-1/2 c Bun = 2 oz Lettuce-1/2 c. Broccoli-1/2 c. Carrots-1/2 c Watermelon-1/2 c Pears-1/2 c Skim/Choc milk-1 c	<b>18</b> Sub sandwich 3 oz/3 oz Broccoli-1/2 c Pasta salad-1/2 c peppers-1/2 c Cucumbers-1/2 c Cantelope-1/2 c Pears-1/2 c Skim.Choc milk-1 c	<b>19</b> Mr Rib-3 oz/Bun-3 oz Mixed Vegetables-1/2 c Broccoli-1/2 c Carrots-1/2 c Applesauce-1/2 c Fresh fruit-1/2 c Skim.Choc milk-1 c	<b>20</b>		
<b>21</b>	<b>22</b> Chicken Patty- 3 oz/Bun-3 oz Peas-1/2 c Carrots-1/2 c. Cauliflower- 1/2 c Mandarin oranges-1/2 c Strawberries-1/2 c Skim/Choc milk-1 c	<b>23</b> Pepperoni pizza-4 .48 oz Lettuce-1/2 c Carrots-1/2 Broccoli-1/2 c Grapes-1/2 c Peaches-1/2 c Skim.Choc milk-1 c	<b>24</b> Mini Corn dogs 5=4 oz Green beans-1/2 c Peppers-1/2 Carrots-1/2 c Pears-1/2 c Cantelope-1/2 c Skim/Choc milk-1 c	<b>25</b> Hot Ham & Cheese/Bun- 3oz/3oz Corn-1/2 c Carrots-1/2 c Broccoli-1/2 c Applesauce-1/2 c Grapes-1/2 c Skim.Choc milk-1 c	<b>26 - Last Day</b> Chicken nuggets- 5=2 oz Broccoli w/cheese-1/2 c Celery-1/2 c. Cauliflower-1/2 c Watermelon-1/2 c Cantelope-1/2 c Skim/Choc milk-1 c	<b>27</b> <i>Thanks for spending your summer with us</i>		
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>USDA is an equal opportunity provider and employer</b>				

