

# LCSD#1 Free Summer Lunch Menu June, July & August 2017 – YMCA & Parks & Rec

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>June</b>	
<b>Mini Corn Dogs</b> <sup>12</sup> Baby Carrots Cold Corn & Pea Salad	<b>Beef &amp; Bean Burrito</b> <sup>13</sup> Broccoli Bites Celery Sticks	<b>Super Nachos</b> <sup>14</sup> Fiesta Corn & Bean Salad Lettuce & Tomatoes	<b>Hamburger with Potato Smiles</b> <sup>8</sup> Green Peppers Cucumber Slices	<b>Cheese Pizza Ripper</b> <sup>10</sup> Baby Carrots Tomato Bites **Frozen Fruit Cup**
<b>Cheese Pizza</b> <sup>19</sup> Baby Carrots	<b>Bean &amp; Cheese Burrito</b> <sup>20</sup> Fiesta Corn and Bean Salad Lettuce & Tomatoes	<b>Chicken Tenders</b> <sup>21</sup> Broccoli Bites Cucumber Slices	<b>Hamburger with Potato Smiles</b> <sup>22</sup> Green Peppers Cucumber Slices	<b>Cheese Pizza Ripper</b> <sup>23</sup> Baby Carrots Tomato Bites **Frozen Fruit Cup**
<b>Mini Corn Dogs</b> <sup>26</sup> Baby Carrots Cold Corn & Pea Salad	<b>Beef &amp; Bean Burrito</b> <sup>27</sup> Broccoli Bites Celery Sticks	<b>Super Nachos</b> <sup>28</sup> Fiesta Corn & Bean Salad Lettuce & Tomatoes	<b>Chicken Patty Sandwich</b> <sup>29</sup> Zucchini Sticks Tomato Bites	<b>French Bread Boat</b> <sup>30</sup> Baby Carrots Tomato Bites **Frozen Fruit Cup**
 <b>Closed Happy 4<sup>th</sup> of July!</b>		<b>July</b>	<b>Chicken Tenders</b> <sup>5</sup> Broccoli Bites Cucumber Slices	<b>Hamburger with Potato Smiles</b> <sup>6</sup> Green Peppers Cucumber Slices
<b>Mini Corn Dogs</b> <sup>10</sup> Baby Carrots Cold Corn & Pea Salad	<b>Beef &amp; Bean Burrito</b> <sup>11</sup> Broccoli Bites Celery Sticks	<b>Super Nachos</b> <sup>12</sup> Fiesta Corn & Bean Salad Lettuce & Tomatoes	<b>Chicken Patty Sandwich</b> <sup>13</sup> Zucchini Sticks Tomato Bites	<b>French Bread Boat</b> <sup>14</sup> Baby Carrots Tomato Bites **Frozen Fruit Cup**
<b>Cheese Pizza</b> <sup>17</sup> Baby Carrots	<b>Bean &amp; Cheese Burrito</b> <sup>18</sup> Fiesta Corn and Bean Salad Lettuce & Tomatoes	<b>Chicken Tenders</b> <sup>19</sup> Broccoli Bites Cucumber Slices	<b>Hamburger with Potato Smiles</b> <sup>20</sup> Green Peppers Cucumber Slices	<b>Cheese Pizza Ripper</b> <sup>21</sup> Baby Carrots Tomato Bites **Frozen Fruit Cup**
<b>Mini Corn Dogs</b> <sup>24</sup> Baby Carrots Cold Corn & Pea Salad	<b>Beef &amp; Bean Burrito</b> <sup>25</sup> Broccoli Bites Celery Sticks	 <b>Closed for Cheyenne Day</b>	<b>Chicken Patty Sandwich</b> <sup>27</sup> Zucchini Sticks Tomato Bites	<b>French Bread Boat</b> <sup>28</sup> Baby Carrots Tomato Bites **Frozen Fruit Cup**
<b>Cheese Pizza</b> <sup>31</sup> Baby Carrots Celery Sticks	<b>Bean &amp; Cheese Burrito</b> <sup>1</sup> Fiesta Corn and Bean Salad Lettuce & Tomatoes	<b>Chicken Tenders</b> <sup>2</sup> Broccoli Bites Cucumber Slices	<b>Hamburger with Potato Smiles</b> <sup>3</sup> Green Peppers Cucumber Slices	<b>Cheese Pizza Ripper</b> <sup>4</sup> Baby Carrots Tomato Bites **Frozen Fruit Cup**
<b>August</b>				

*Afflerbach and Rossman Elementary Schools will continue service with this menu July 13<sup>th</sup>-August 4<sup>th</sup>*

*Fruit & yogurt plates and cold sandwiches will be offered most days as an additional entrée choice.*

**Everyone 18 & under eats for free!**

*All meals include your choice of fruit, vegetables and milk.*

This institution is an equal opportunity provider.





# Fuel Up for Summer Fun with the **FREE** Summer Food Program!



## Locations & Service Times

### **June 8-July 12, 2017**

Breakfast 8:00-8:30am

Lunch 11:30am-12:30pm

Afflerbach

Baggs

Freedom

Rossman

Sunrise

### **June 12-July 19, 2017**

#### **South High**

Breakfast 7:15-7:45am

Lunch 11:30-12:30pm

## Extended Service Locations

**June 8-August 4, 2017**

### **Lunch Only:**

**Afflerbach:** 11:30am-12:30pm

**Rossman:** 11:30am-12:30pm

**YMCA:** 11:00am-12:00pm

### Parks & Rec Sites:

**Pioneer Park Center (1331 Talbot Ct.) & Youth Activity & Community Center (1317 Parsley Blvd)**

Mondays 11:30am-12:30pm

Tuesdays 10:30am-12:00pm (P. Park)

Tuesdays 10:30am-11:30pm (Parsley)

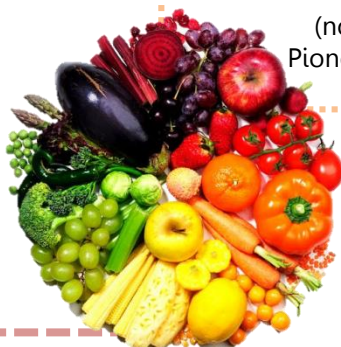
Wednesdays 11:30am-12:30pm

Thursdays 12:30am-1:30pm

Fridays 11:30am-12:30pm

(no adult meals for purchase at YMCA, Pioneer Park Center or Community Center)

**Everyone 18  
years old  
and under  
can eat for  
free at all  
locations!**



Adults may  
purchase a meal  
for \$4.00  
(not available at YMCA  
or Parks & Rec Sites)



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