

# LCSD#1 Free Summer Lunch Menu June, July & August 2019 – YMCA, Parks & Rec, Cole

Monday	Tuesday	Wednesday	Thursday	Friday
<p>See back for full list of sites and service times. More menus at <a href="http://nutrition.laramie1.org">nutrition.laramie1.org</a></p>			<p><b>Chicken Patty Sandwich</b><sup>13</sup> Zucchini Sticks Tomato Bites</p>	<p><b>Pizza Rippers</b><sup>14</sup> Cheese or Pepperoni Baby Carrots Tomato Bites **Frozen Fruit Cup**</p>
<p><b>Breakfast for Lunch</b><sup>17</sup> Mini Pancakes or French Toast Sticks with Sausage - P Baby Carrots &amp; Hash Browns</p>	<p><b>Bean &amp; Cheese Burrito</b><sup>18</sup> Fiesta Corn &amp; Bean Salad Lettuce &amp; Tomatoes</p>	<p><b>Cheese Dunkers</b><sup>19</sup> with Marinara Sauce Baby Carrots Tomato Bites</p>	<p><b>Hamburger with Potato Smiles</b><sup>20</sup> Green Peppers Cucumber Slices</p>	<p><b>Chicken Nuggets</b><sup>21</sup> Broccoli Bites Cucumber Slices **Frozen Fruit Cup**</p>
<p><b>BBQ Chicken Drumstick &amp; Biscuit</b><sup>24</sup> Baby Carrots Corn &amp; Pea Salad</p>	<p><b>Mini Corn Dogs</b><sup>25</sup> Broccoli Bites Celery Sticks</p>	<p><b>Super Nachos</b><sup>26</sup> Fiesta Corn &amp; Bean Salad Lettuce &amp; Tomatoes</p>	<p><b>Chicken Patty Sandwich</b><sup>27</sup> Zucchini Sticks Tomato Bites</p>	<p><b>Pizza Rippers</b><sup>28</sup> Cheese or Pepperoni Baby Carrots Tomato Bites **Frozen Fruit Cup**</p>
<p><b>Breakfast for Lunch</b><sup>1</sup> Mini Pancakes or French Toast Sticks with Sausage - P Baby Carrots &amp; Hash Browns</p>	<p><b>Bean &amp; Cheese Burrito</b><sup>2</sup> Fiesta Corn &amp; Bean Salad Lettuce &amp; Tomatoes</p>	<p><b>Cheese Dunkers</b><sup>3</sup> with Marinara Sauce Baby Carrots Tomato Bites</p>	<p><b>Closed</b> <b>Happy 4<sup>th</sup> of July!</b></p>	
<p><b>BBQ Chicken Drumstick &amp; Biscuit</b><sup>8</sup> Baby Carrots Corn &amp; Pea Salad</p>	<p><b>Mini Corn Dogs</b><sup>9</sup> Broccoli Bites Celery Sticks</p>	<p><b>Super Nachos</b><sup>10</sup> Fiesta Corn &amp; Bean Salad Lettuce &amp; Tomatoes</p>	<p><b>Chicken Patty Sandwich</b><sup>11</sup> Zucchini Sticks Tomato Bites</p>	<p><b>Pizza Rippers</b><sup>12</sup> Cheese or Pepperoni Baby Carrots Tomato Bites **Frozen Fruit Cup**</p>
<p><b>Bean &amp; Cheese Burrito</b><sup>15</sup> Fiesta Corn &amp; Bean Salad Lettuce &amp; Tomatoes</p>	<p><b>Breakfast for Lunch</b><sup>16</sup> Mini Pancakes or French Toast Sticks with Sausage - P Baby Carrots &amp; Hash Browns</p>	<p><b>Cheese Dunkers</b><sup>17</sup> with Marinara Sauce Baby Carrots Tomato Bites</p>	<p><b>Hamburger with Potato Smiles</b><sup>18</sup> Green Peppers Cucumber Slices</p>	<p><b>Chicken Nuggets</b><sup>19</sup> Broccoli Bites Cucumber Slices **Frozen Fruit Cup**</p>
<p><b>BBQ Chicken Drumstick &amp; Biscuit</b><sup>22</sup> Baby Carrots Corn &amp; Pea Salad</p>	<p><b>Mini Corn Dogs</b><sup>23</sup> Broccoli Bites Celery Sticks</p>	<p><b>Closed for Cheyenne Day</b><sup>24</sup></p>	<p><b>Chicken Patty Sandwich</b><sup>25</sup> Zucchini Sticks Tomato Bites</p>	<p><b>Pizza Rippers</b><sup>26</sup> Cheese or Pepperoni Baby Carrots Tomato Bites **Frozen Fruit Cup**</p>
<p><b>Breakfast for Lunch</b><sup>29</sup> Mini Pancakes or French Toast Sticks with Sausage - P Baby Carrots &amp; Hash Browns</p>	<p><b>Bean &amp; Cheese Burrito</b><sup>30</sup> Fiesta Corn &amp; Bean Salad Lettuce &amp; Tomatoes</p>	<p><b>Cheese Dunkers</b><sup>31</sup> with Marinara Sauce Baby Carrots Tomato Bites</p>	<p><b>Hamburger with Potato Smiles</b><sup>1</sup> Green Peppers Cucumber Slices</p>	<p><b>Chicken Nuggets</b><sup>2</sup> Broccoli Bites Cucumber Slices **Frozen Fruit Cup**</p>

*South High will continue service with this menu July 17<sup>th</sup>-19<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.*



August

# LCSD#1 Free Summer Breakfast Menu June and July 2019 – COLE ONLY

## Monday

Yogurt & Granola  
Or  
Bagel with Cream Cheese



## Tuesday

Banana Bread  
Or  
UBR



## Wednesday

Chocolate Chip  
Benefit Bar  
Or  
Bagel with Cream  
Cheese



## Thursday

Fruit Frudel  
Or  
UBR



## Friday

Mini Cinnis  
Or  
Bagel with Cream  
Cheese



In addition to the regular menu above, students will have other entrée choices such as Ultimate Breakfast Round, Bagel & Cream Cheese, a variety of whole grain cold cereal, granola & yogurt. Each meal also comes with your choice of fruit, juice, and milk.

## Breakfast Service: 7:30-8am

Summer Breakfast is available June 13<sup>th</sup>-July 19<sup>th</sup> and will be closed July 4<sup>th</sup> and 5<sup>th</sup>

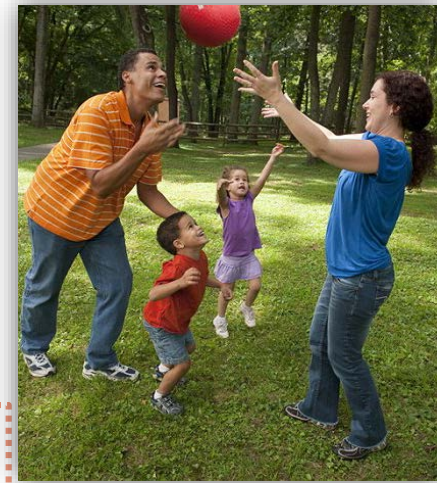
take time for  
**school  
BREAKFAST**



This institution is an equal opportunity provider.



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



## Locations & Service Times

**June 13-July 16, 2019**

Breakfast 8:00-8:30am

Lunch 11:30am-12:30pm

Baggs

Freedom

Goins

Rossman

Sunrise



**June 13-July 19, 2019**

**South High**

Breakfast 7:15-7:45am

Lunch 11:30-12:30pm

**June 13-July 19, 2019**

**Cole**

Breakfast 7:30-8am

Lunch 12-12:30pm



## Extended Service Locations

**June 13-August 3, 2019**

**Lunch Only:**

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

**Parks & Rec Sites:**

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

Mon, Wed & Fri 11:30 am-12:30 pm

Tues (PPC) 11:30 am-12:30 pm

Tues (YAC) 10:30-11:30 am

Thurs 12:30-1:30 pm

(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,  
Parks & Rec Sites,  
and Cole)



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