







June 2014

	Mon	Tue	Wed	Thu	Fri
   	23	24	25 Breakfast: Apple muffin, fresh fruit, and skim milk ----- Lunch: Whole wheat tuna salad sandwich, fresh orange, rainbow bean salad, and nonfat chocolate milk or 1% white milk	26 Breakfast: Cinnamon raisin bagel, fresh fruit, and skim milk ----- Lunch: Chicken Caesar salad, graham crackers, apples, and nonfat chocolate milk or 1% white milk	27 Breakfast: Yogurt with granola and strawberries and skim milk ----- Lunch: Whole wheat turkey and Swiss sandwich, carrots, fresh peach, and nonfat chocolate milk or 1% white milk
			30 Breakfast: Raisin bran, fresh fruit, and skim milk ----- Lunch: Whole wheat turkey sandwich, Italian corn salad, nectarine, and nonfat chocolate milk or 1% white milk		

#Dcfreemeals menu for DPR and DPR-sponsored sites

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Note: This is a sample menu and is subject to change.

DC Free Summer Meals Program

**KIDS & TEENS
EAT FREE**



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July 2014

Mon	Tue	Wed	Thu	Fri
	<p>1 Breakfast: Blueberry muffin, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Build your own pizza, baby carrots, sliced apples, and nonfat chocolate milk or 1% white milk</p>	<p>2 Breakfast: Breakfast square, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Chicken taco salad, dinner roll, orange, and nonfat chocolate milk or 1% white milk</p>	<p>3 Breakfast: Cinnamon roll, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Whole wheat chicken salad sandwich, mixed fruit cup, and nonfat chocolate milk or 1% white milk</p>	<p>4</p> <p style="text-align: center;">HOLIDAY</p>
<p>7 Breakfast: Whole wheat English muffin, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Whole wheat turkey, ham, and cheese sandwich, mixed fruit cup, Italian corn salad, and nonfat chocolate milk or 1% white milk</p>	<p>8 Breakfast: Toasted oats, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Chicken and cheese Panini, nectarine, and nonfat chocolate milk or 1% white milk</p>	<p>9 Breakfast: Apple muffin, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Whole wheat tuna salad sandwich, orange, rainbow bean salad, and nonfat chocolate milk or 1% white milk</p>	<p>10 Breakfast: Cinnamon raisin bagel, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Chicken Caesar salad, graham crackers, apples, and nonfat chocolate milk or 1% white milk</p>	<p>11 Breakfast: Yogurt with granola and strawberries and skim milk</p> <p>-----</p> <p>Lunch: Whole wheat turkey and Swiss sandwich, carrots, peach, and nonfat chocolate milk or 1% white milk</p>
<p>14 Breakfast: Raisin bran, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Whole wheat turkey sandwich, Italian corn salad, nectarine, and nonfat chocolate milk or 1% white milk</p>	<p>15 Breakfast: Blueberry muffin, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Whole wheat chicken pasta, sliced apples, and nonfat chocolate milk or 1% white milk</p>	<p>16 Breakfast: Breakfast square, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Chicken taco salad, dinner roll, orange, and nonfat chocolate milk or 1% white milk</p>	<p>17 Breakfast: Cinnamon roll, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Whole wheat chicken salad sandwich, carrots, mixed fruit cup, and nonfat chocolate milk or 1% white milk</p>	<p>18 Breakfast: Rice Krispies, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: BBQ turkey and cheese sandwich, rainbow bean salad, peach, and nonfat chocolate milk or 1% white milk</p>

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July 2014



Mon	Tue	Wed	Thu	Fri
<p>21 Breakfast: Whole wheat English muffin, fruit cup, and skim milk</p> <p>-----</p> <p>Lunch: Whole wheat turkey, ham, and cheese sandwich, mixed fruit cup, Italian corn salad, and nonfat chocolate milk or 1% white milk</p>	<p>22 Breakfast: Toasted oats, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Chicken and cheese Panini, nectarine, and nonfat chocolate milk or 1% white milk</p>	<p>23 Breakfast: Apple muffin, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Whole wheat tuna salad sandwich, orange, rainbow bean salad, and nonfat chocolate milk or 1% white milk</p>	<p>24 Breakfast: Cinnamon raisin bagel, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Chicken Caesar salad, graham crackers, apples, and nonfat chocolate milk or 1% white milk</p>	<p>25 Breakfast: Yogurt with granola and strawberries and skim milk</p> <p>-----</p> <p>Lunch: Whole wheat turkey and Swiss sandwich, carrots, peach, and nonfat chocolate milk or 1% white milk</p>
<p>28 Breakfast: Raisin bran, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Whole wheat turkey sandwich, Italian corn salad, nectarine, and nonfat chocolate milk or 1% white milk</p>	<p>29 Breakfast: Blueberry muffin, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Build your own pizza, baby carrots, sliced apples, and nonfat chocolate milk or 1% white milk</p>	<p>30 Breakfast: Breakfast square, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Chicken taco salad, dinner roll, orange, and nonfat chocolate milk or 1% white milk</p>	<p>31 Breakfast: Cinnamon roll, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: Whole wheat chicken salad sandwich, mixed fruit cup, and nonfat chocolate milk or 1% white milk</p>	<p>1 Breakfast: Rice Krispies, fresh fruit, and skim milk</p> <p>-----</p> <p>Lunch: BBQ turkey and cheese sandwich, rainbow bean salad, peach, and nonfat chocolate milk or 1% white milk</p>

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August 2014



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Mon	Tue	Wed	Thu	Fri
<p>4 Breakfast: Whole wheat English muffin, fruit cup, and skim milk</p> <p>Lunch: Whole wheat turkey, ham, and cheese sandwich, mixed fruit cup, Italian corn salad, and nonfat chocolate milk or 1% white milk</p>	<p>5 Breakfast: Toasted oats, fresh fruit, and skim milk</p> <p>Lunch: Chicken and cheese Panini, nectarine, and nonfat chocolate milk or 1% white milk</p>	<p>6 Breakfast: Apple muffin, fresh fruit, and skim milk</p> <p>Lunch: Whole wheat tuna salad sandwich, orange, rainbow bean salad, and nonfat chocolate milk or 1% white milk</p>	<p>7 Breakfast: Cinnamon raisin bagel, fresh fruit, and skim milk</p> <p>Lunch: Chicken Caesar salad, graham crackers, apples, and nonfat chocolate milk or 1% white milk</p>	<p>8 Breakfast: Yogurt with granola and strawberries and skim milk</p> <p>Lunch: Whole wheat turkey and Swiss sandwich, carrots, peach, and nonfat chocolate milk or 1% white milk</p>
<p>11 Breakfast: Raisin bran, fresh fruit, and skim milk</p> <p>Lunch: Whole wheat turkey sandwich, Italian corn salad, nectarine, and nonfat chocolate milk or 1% white milk</p>	<p>12 Breakfast: Blueberry muffin, fresh fruit, and skim milk</p> <p>Lunch: Build your own pizza, baby carrots, sliced apples, and nonfat chocolate milk or 1% white milk</p>	<p>13 Breakfast: Breakfast square, fresh fruit, and skim milk</p> <p>Lunch: Chicken taco salad, dinner roll, orange, and nonfat chocolate milk or 1% white milk</p>	<p>14 Breakfast: Cinnamon roll, fresh fruit, and skim milk</p> <p>Lunch: Whole wheat chicken salad sandwich, mixed fruit cup, and nonfat chocolate milk or 1% white milk</p>	<p>15 Breakfast: Rice Krispies, fresh fruit, and skim milk</p> <p>Lunch: BBQ turkey and cheese sandwich, rainbow bean salad, peach, and nonfat chocolate milk or 1% white milk</p>
<p>18 Breakfast: Whole wheat English muffin, fruit cup, and skim milk</p> <p>Lunch: Whole wheat turkey, ham, and cheese sandwich, mixed fruit cup, Italian corn salad, and nonfat chocolate milk or 1% white milk</p>	<p>19 Breakfast: Toasted oats, fresh fruit, and skim milk</p> <p>Lunch: Chicken and cheese Panini, nectarine, and nonfat chocolate milk or 1% white milk</p>	<p>20 Breakfast: Apple muffin, fresh fruit, and skim milk</p> <p>Lunch: Whole wheat tuna salad sandwich, orange, rainbow bean salad, and nonfat chocolate milk or 1% white milk</p>	<p>21 Breakfast: Cinnamon raisin bagel, fresh fruit, and skim milk</p> <p>Lunch: Chicken Caesar salad, graham crackers, apples, and nonfat chocolate milk or 1% white milk</p>	<p>22 Breakfast: Yogurt with granola and strawberries and skim milk</p> <p>Lunch: Whole wheat turkey and Swiss sandwich, carrots, peach, and nonfat chocolate milk or 1% white milk</p>

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