



CMSD SUMMER 2011 LUNCH PROGRAM MENU




WHO: The Summer Lunch Program is offered free of charge to all children up to age 18

WHERE: Canonsburg Middle School ~ M-F. June 20—July 29

North Strabane Intermediate ~ M-F. June 20-June 24, July 11-July 15, July 18-July 22

TIME: 12:00 pm— 1:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 20 Grilled Chicken Patty on a Bun 1/2 C Baby Carrots w/ Reduced Fat Ranch 1/2 C Applesauce 1/2 Pt Skim, 1% White or Chocolate Milk	June 21 Pizza Sticks w/ Dipping Sauce 1/2 C Garden Salad w/ Reduced Fat Italian 1/2 C Sherbet Cup 1/2 Pt Skim, 1% White or Chocolate Milk	June 22 Mini Corn Dog Nuggets 1/2 C Tater Tots 1/2 C Chilled Peaches 1/2 Pt Skim, 1% White or Chocolate Milk	June 23 Baked Chicken Strips & Wheat Bread w/ Choice of Condiments 1/2 C Green Beans 1/2 C Fresh Fruit Cup 1/2 Pt Skim, 1% White or Chocolate Milk	June 24 Walking Taco (Baked Doritos w/ Taco Meat, Cheese & Toppings) 1/2 C Sweet Corn 1/2 C Pineapple Tidbits 1/2 Pt Skim, 1% White or Chocolate Milk
June 27 Hot Dog on a Bun 1/2 C Baked Beans 100% Fruit Juice Bar 1/2 Pt Skim, 1% White or Chocolate Milk	June 28 Chicken Nuggets & Wheat Bread w/ Choice of Condiment 1/2 C Fresh Broccoli 1/2 C Peaches 1/2 Pt Skim, 1% White or Chocolate Milk	June 29 Pancakes with Sausage Links & Syrup 1/2 C Tater Tots 1/2 C 100% Apple Juice 1/2 Pt Skim, 1% White or Chocolate Milk	June 30 Cheeseburger on a Bun w/ Choice of Condiments 1/2 C Oven Fries 1/2 C Fresh Orange 1/2 Pt Skim, 1% White or Chocolate Milk	July 1 Smart Cheese Pizza 1/2 C Garden Salad w/ Reduced Fat Italian 1/2 C Applesauce 1/2 Pt Skim, 1% White or Chocolate Milk
July 4 Enjoy the Holiday! 	July 5 Grilled Cheese Sandwich Fresh Cucumber Slices w/ Reduced Fat Ranch 1/2 C Mixed Fruit Cup 1/2 Pt Skim, 1% White or Chocolate Milk	July 6 Pasta Marinara w/ Meatballs & Wheat Bread 1/2 C Garden Salad w/ Reduced Fat Italian 1/2 C Sherbet Cup 1/2 Pt Skim, 1% White or Chocolate Milk	July 7 Chicken Fries & Wheat Bread 1/2 C Green Beans Fresh Apple 1/2 Pt Skim, 1% White or Chocolate Milk	July 8 Nachos with Taco Meat, Cheese Sauce & Salsa 1/2 C Sweet Corn 1/2 C Pineapple Tidbits 1/2 Pt Skim, 1% White or Chocolate Milk
July 11 Grilled Chicken Patty on a Bun 1/2 C Baby Carrots w/ Reduced Fat Ranch 1/2 C Applesauce 1/2 Pt Skim, 1% White or Chocolate Milk	July 12 Pizza Sticks w/ Dipping Sauce 1/2 C Garden Salad w/ Reduced Fat Italian 1/2 C Sherbet Cup 1/2 Pt Skim, 1% White or Chocolate Milk	July 13 Mini Corn Dog Nuggets 1/2 C Tater Tots 1/2 C Chilled Peaches 1/2 Pt Skim, 1% White or Chocolate Milk	July 14 Baked Chicken Strips & Wheat Bread w/ Choice of Condiments 1/2 C Green Beans 1/2 C Fresh Fruit Cup 1/2 Pt Skim, 1% White or Chocolate Milk	July 15 Walking Taco (Baked Doritos w/ Taco Meat, Cheese & Toppings) 1/2 C Sweet Corn 1/2 C Pineapple Tidbits 1/2 Pt Skim, 1% White or Chocolate Milk
July 18 Hot Dog on a Bun 1/2 C Baked Beans 100% Fruit Juice Bar 1/2 Pt Skim, 1% White or Chocolate Milk	July 19 Chicken Nuggets & Wheat Bread w/ Choice of Condiment 1/2 C Fresh Broccoli 1/2 C Peaches 1/2 Pt Skim, 1% White or Chocolate Milk	July 20 Pancakes with Sausage Links & Syrup 1/2 C Tater Tots 1/2 C 100% Apple Juice 1/2 Pt Skim, 1% White or Chocolate Milk	July 21 Cheeseburger on a Bun w/ Choice of Condiments 1/2 C Oven Fries 1/2 C Fresh Orange 1/2 Pt Skim, 1% White or Chocolate Milk	July 22 Smart Cheese Pizza 1/2 C Garden Salad w/ Reduced Fat Italian 1/2 C Applesauce 1/2 Pt Skim, 1% White or Chocolate Milk
July 25 Breaded Chicken Patty on a Bun 1/2 C Oven Fries 1/2 C Peaches 1/2 Pt Skim, 1% White or Chocolate Milk	July 26 Grilled Cheese Sandwich Fresh Cucumber Slices w/ Reduced Fat Ranch 1/2 C Mixed Fruit Cup 1/2 Pt Skim, 1% White or Chocolate Milk	July 27 Pasta Marinara w/ Meatballs & Wheat Bread 1/2 C Garden Salad w/ Reduced Fat Italian 1/2 C Sherbet Cup 1/2 Pt Skim, 1% White or Chocolate Milk	July 28 Chicken Fries & Wheat Bread 1/2 C Green Beans Fresh Apple 1/2 Pt Skim, 1% White or Chocolate Milk	July 29 Nachos with Taco Meat, Cheese Sauce & Salsa 1/2 C Sweet Corn 1/2 C Pineapple Tidbits 1/2 Pt Skim, 1% White or Chocolate Milk

Children must choose 3, 4 or 5 food components from the following categories: Protein, Bread, Vegetable, Fruit & Milk. Program Rules ~ **No second meals permitted / No Adult meals permitted**

~Menu Subject to Change~