



ESA Summer Program - Lunch and Snack Calendar

June 10, 2024 - August 30, 2024

*Milk served at lunch daily

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 6/10, 7/1, 7/29, 8/5 | 6/11, 7/2, 7/30, 8/6 | 6/12, 7/3, 7/31, 8/7 | 6/13, 7/4, 8/1, 8/8 | 6/14, 7/5, 8/2, 8/9 |
| AM Snack: Graham crackers and apples Lunch: Hotdog, bun, carrots with dip, banana PM Snack: Goldfish crackers and juice | AM Snack: Muffins and peaches Lunch: Ham, cheese, lettuce, tomatoes sandwich(wheat bread), apple sauce PM Snack: Tortilla chips, salsa, cheese | AM Snack: Yogurt and fruit Lunch: Tacos with ground beef, cheese, lettuce salsa, taco shells, apple PM Snack: Bagels, cream cheese, bananas | AM Snack: Graham crackers and fruit Lunch: Cheeseburger on a bun, salad, melon PM Snack: Cheez-its and pineapple | AM Snack: Cereal and milk Lunch: Macaroni and cheese, cucumbers, bread, applesauce PM Snack: Ritz crackers and cheese cubes |
| 6/17, 7/8, 8/12 | 6/18, 7/9, 8/13 | 6/19, 7/10, 8/14 | 6/20, 7/11, 8/15 | 6/21, 7/12, 8/16 |
| AM Snack: Animal crackers and peaches Lunch: Pizza w/cheese, salad, banana PM Snack: Pretzels and applesauce | AM Snack: Muffins and milk Lunch: Beef nachos with cheese lettuce, tomatoes, melon PM Snack: Bagels and cheese, jam | AM Snack: Cereal and milk Lunch: Chicken nuggets, roll, carrots, mixed fruit PM Snack: Banana bread and 100% fruit juice | AM Snack: English muffins and apple slices Lunch: Turkey and cheese sandwich, cucumbers, strawberries PM Snack: Yogurt and fruit | AM Snack: Rice cakes and milk Lunch: Corn dogs, bread, celery, melon PM Snack: Cheese and crackers |
| 6/24, 7/15, 8/19 | 6/25, 7/16, 8/20 | 6/26, 7/17, 8/21 | 6/27, 7/18, 8/22 | 6/28, 7/19, 8/23 |
| AM Snack: Granola bar and milk Lunch: Meatballs, bread, broccoli, and mixed fruit PM Snack: Vanilla wafers and milk | AM Snack: Cinnamon rolls and 100% fruit juice Lunch: Ham and cheese on a tortilla, lettuce, cucumbers, and peaches PM Snack: String cheese and 100% juice | AM Snack: Yogurt and fruit Lunch: Mac and cheese, orange slices, and salad PM Snack: Indoor S'mores with 100% juice | AM Snack: Muffins and milk Lunch: Hotdog on a bun, tomatoes, apple slices PM Snack: Chocolate chip cookies and milk | AM Snack: Graham crackers with fruit Lunch: Tacos with ground beef, cheese, lettuce, flour tortilla, tomatoes, pineapple PM Snack: Cheese and crackers |



| | | Lunch and Snack (con't) | | |
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| 7/22, 8/26 | 7/23, 8/27 | 7/24, 8/28 | 7/25, 8/29 | 7/26, 8/30 |
| AM Snack: Cereal bar and milk Lunch: Turkey and cheese sandwich, lettuce, tomatoes, apple slices PM Snack: Rice cakes and 100% juice | AM Snack: English muffin, jam, and milk Lunch: Chicken nuggets, bread, applesauce, carrots PM Snack: Oatmeal cookies and milk | AM Snack: Animal crackers and milk Lunch: Cheese pizza, broccoli, melon PM Snack: Bread sticks and 100% juice | AM Snack: Waffles and milk Lunch: Cheeseburger on a bun, lettuce, tomatoes, bananas PM Snack: Yogurt and fruit | AM Snack: Cereal and milk Lunch: Meatballs, cheese, bread, cucumbers, and berries PM Snack: Teddy grahams and milk |

If you choose to provide your child/ren with a meal, please follow the USDA requirements. Food allergies will be posted in the kitchen area and each age group area. If your child has an allergy to a food that is on the menu, please provide an alternative snack/meal. The snack/meal you provide must meet USDA requirements.