



# 2024 City of Rochester Summer Meals Program

## July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>July 1</b>	<b>July 2</b>	<b>July 3</b>	<b>July 4</b>	<b>July 5</b>
<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Soynut Butter& Jelly Sandwich Rf Doritos Fruit 100% Fruit Juice Low Fat Milk	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey Ham On A Roll Pretzel Gold Fish 100% Fruit Juice Fruit Low Fat	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey & Cheese Sticks Rf Doritos Baby Carrots Fruit Low Fat Milk		<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey & American Cheese On A Roll Fruit 100% Fruit Juice Low Fat Milk
<b>July 8</b>	<b>July 9</b>	<b>July 10</b>	<b>July 11</b>	<b>July 12</b>
<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  Turkey Ham On A Roll Cauliflower w/ Ranch 100% Fruit Juice Fruit Low Fat	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey Ham On A Roll Cauliflower w/ Ranch 100% Fruit Juice Fruit Low Fat	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey & Cheese Sticks Rf Doritos Baby Carrots Fruit Low Fat Milk	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Italian Sub Cheez Its Fruit Veggie Juice Low Fat Milk	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey & American Cheese On A Roll Cheddar Gold Fish Fruit 100% Fruit Juice Low Fat Milk
<b>July 15</b>	<b>July 16</b>	<b>July 17</b>	<b>July 18</b>	<b>July 19</b>
<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Soynut Butter& Jelly Sandwich Rf Doritos Fruit 100% Fruit Juice Low Fat Milk	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey Ham ,On a roll Baby Carrots And Ranch Dip Fruit Low Fat Milk	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey Stick & Pretzel Cheez Its Broccoli w/ Ranch Fruit 100% Fruit Juice Low Fat Milk	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Nachos with Cheese and Salsa Cups Crunchy Chick Peas Fruit Low Fat Milk	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey & American Cheese Sub Cheddar Gold Fish Fruit 100% Fruit Juice Low Fat Milk
<b>July 22</b>	<b>July 23</b>	<b>July 24</b>	<b>July 25</b>	<b>July 26</b>
<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Soynut Butter& Jelly Sandwich Rf Doritos Fruit 100% Fruit Juice Low Fat Milk	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey Ham On A Roll Pretzel Gold Fish 100% Fruit Juice Fruit Low Fat	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey & Cheese Sticks Rf Doritos Baby Carrots Fruit Low Fat Milk	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Italian Sub Cheez Its Broccoli w/ Ranch Fruit Low Fat Milk	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey & American Cheese On A Roll Cheddar Gold Fish Fruit 100% Fruit Juice Low Fat Milk
<b>July 29</b>	<b>July 30</b>	<b>July 31</b>	<b>August 1</b>	<b>August 2</b>
<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Nachos with Cheese and Salsa Cups Crunchy Chick Peas Fruit Low Fat Milk	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey Ham On A Roll Cauliflower w/ Ranch 100% Fruit Juice Fruit Low Fat	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey & Cheese Sticks Rf Doritos Baby Carrots Fruit Low Fat Milk	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Italian Sub Cheez Its Fruit Veggie Juice Low Fat Milk	<b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk  <b>L:</b> Turkey & American Cheese On A Roll Cheddar Gold Fish Fruit 100% Fruit Juice Low Fat Milk

Menu subject to change.

This institution is an equal opportunity provider and employer.



# 2024 City of Rochester Summer Meals Program

## August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>August 5</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Soynut Butter&amp; Jelly Sandwich Rf Doritos Fruit 100% Fruit Juice Low Fat Milk</p>	<p><b>August 6</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Turkey Ham ,On a roll Baby Carrots And Ranch Dip Fruit Low Fat Milk</p>	<p><b>August 7</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Turkey Stick &amp; Pretzel Cheez Its Broccoli w/ Ranch Fruit 100% Fruit Juice Low Fat Milk</p>	<p><b>August 8</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Nachos with Cheese and Salsa Cups Crunchy Chick Peas Fruit Low Fat Milk</p>	<p><b>August 9</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Turkey &amp; American Cheese On A Roll Cheddar Gold Fish Fruit 100% Fruit Juice Low Fat Milk</p>
<p><b>August 12</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Soynut Butter&amp; Jelly Sandwich Rf Doritos Fruit 100% Fruit Juice Low Fat Milk</p>	<p><b>August 13</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Turkey Ham On A Roll Pretzel Gold Fish 100% Fruit Juice Fruit Low Fat</p>	<p><b>August 14</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Turkey &amp; Cheese Sticks Rf Doritos Baby Carrots Fruit Low Fat Milk</p>	<p><b>August 15</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Italian Sub Cheez Its Broccoli w/ Ranch Fruit Low Fat Milk</p>	<p><b>August 16</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Turkey &amp; American Cheese On A Roll Cheddar Gold Fish Fruit 100% Fruit Juice Low Fat Milk</p>
<p><b>August 19</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Nachos with Cheese and Salsa Cups Crunchy Chick Peas Fruit</p>	<p><b>August 20</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Turkey Ham On A Roll Cauliflower w/ Ranch 100% Fruit Juice Fruit Low Fat</p>	<p><b>August 21</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Turkey &amp; Cheese Sticks Rf Doritos Baby Carrots Fruit Low Fat Milk</p>	<p><b>August 22</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Italian Sub Cheez Its Fruit Veggie Juice Low Fat Milk</p>	<p><b>August 23</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Turkey &amp; American Cheese On A Roll Cheddar Gold Fish Fruit 100% Fruit Juice Low Fat Milk</p>
<p><b>August 26</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Soynut Butter&amp; Jelly Sandwich Rf Doritos Fruit 100% Fruit Juice Low Fat Milk</p>	<p><b>August 27</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Turkey Ham ,On a roll Baby Carrots And Ranch Dip Fruit Low Fat Milk</p>	<p><b>August 28</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Turkey Stick &amp; Pretzel Cheez Its Broccoli w/ Ranch Fruit 100% Fruit Juice Low Fat Milk</p>	<p><b>August 29</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Nachos with Cheese and Salsa Cups Crunchy Chick Peas Fruit Low Fat Milk</p>	<p><b>August 30</b></p> <p><b>B:</b> Whole Grain cereal or Cereal bar Graham Cracker 100% Fruit Juice Low Fat Milk</p> <p><b>L:</b> Turkey &amp; American Cheese On A Roll Cheddar Gold Fish Fruit 100% Fruit Juice Low Fat Milk</p>