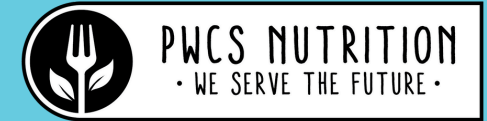




# PWCS SUMMER MENU



Free Breakfast and Lunch are available Monday-Friday for children 18 years of age or younger.

Visit [www.PWCSNutrition.com](http://www.PWCSNutrition.com) to find a summer meal service site near you!

## Breakfast Menu

### MONDAY

French Toast Sticks   
Cereal   
w/ Nutri-Grain Bar or Cheese Stick   
Fresh Orange  
Milk



### TUESDAY

Snack'n Sweet Cinnamon Waffle   
Cereal w/ Nutri-Grain Bar or Cheese Stick   
Fresh Apple  
Milk



### WEDNESDAY

Sausage Breakfast Pizza  
Cereal w/ Nutri-Grain Bar or Cheese Stick   
Fresh Banana  
Milk



### THURSDAY

Maple Mini-Pancakes   
Cereal w/ Nutri-Grain Bar or Cheese Stick   
Fresh Pear  
Milk



### FRIDAY

Turkey Ham & Cheese Croissant  
Cereal w/ Nutri-Grain Bar or Cheese Stick   
Fresh Nectarine  
Milk

## Lunch Menu

### MONDAY

Cheeseburger  
Celery Sticks  
Fresh Plum  
Milk



### TUESDAY

Turkey & Cheese Sub Sandwich  
Baby Carrots  
Fresh Pear  
Milk



### WEDNESDAY

Popcorn Chicken  
Fresh Cucumber Slices  
Fresh Apple  
Milk



### THURSDAY

Cheese Pizza   
Fresh Broccoli Florets  
Fresh Watermelon  
Milk



### FRIDAY

Crispy Chicken Sandwich  
Fresh Cauliflower  
Fresh Orange Wedges  
Milk



*Offered Daily for Lunch* ➤

Sunwise Sandwich w/ Cheese Stick & Crackers   
Yogurt w/ Fruit Bread

=Vegetarian Entrée



1% or Fat Free Unflavored Milk is offered with all breakfasts.  
1% Unflavored Milk or Fat Free Chocolate Milk offered with all lunches.

***This institution is an equal opportunity provider.***