July 2012 Tomah Summer Program Menu

Take 3 of the 5 components offered to make a complete meal. Menu subject to change without notice.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
B	2 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin	3 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	4	5	6	
L	Hamburgers 6 Fruit & Veggie Bar 3&4	Pizza 6 Fruit & Veggie Bar 3&4	4th of July No Food Program	4th of July No Food Program	4th of July No Food Program	
B	9 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	10 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	11 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	12 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	13 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	
L	Deli Ham Sandwich 6 Fruit & Veggie Bar 3&4	Chicken Patty Sandwich 6 Fruit & Veggie Bar 3&4	Rib Sandwich 6 Fruit & Veggie Bar 3&4	Taco Flatbread 6 Fruit & Veggie Bar 3&4	Chicken Nuggets 6 Fruit & Veggie Bar 3&4	
B	16 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	17 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	18 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	19 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	20 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	
L	Fish Sticks 6 Fruit & Veggie Bar 3&4	Pizza 6 Fruit & Veggie Bar 3&4	Chicken Strips 6 Fruit & Veggie Bar 3&4	Deli Turkey Sandwich 6 Fruit & Veggie Bar 3&4	Walking Tacos 6 Fruit & Veggie Bar 3&4	
B	23 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	24 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	25 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	26 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	27 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	
L	Bosco Pizza Sticks 6 Fruit & Veggie Bar 3&4	Italian Chicken Wrap 6 Fruit & Veggie Bar 3&4	Hamburgers 6 Fruit & Veggie Bar 3&4	Pizza 6 Fruit & Veggie Bar 3&4	Deli Ham Sandwich 6 Fruit & Veggie Bar 3&4	
B	**The numbers next to each item corresponds with one of the five lunch components or a combination of components5** **Lunch Components & Colors** **1 Meat/Meat Alt** **2 Grain** **3 Vegetable** **4 Fruit** **5 Milk** **6 Meat/Grain Combo** **7 Meat/Grain/Veggie Combo**	31 Milk served with every meal. Lunch prices will increase 10cents for the 2012-13 school year.	Menu subject to change.		This institution is a equal opportunity provider.	
L					B = Breakfast L = Lunch	