August 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			1 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	2 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	3 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	
L			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	
B	6 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	7 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	8 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	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	
L	Chicken Nuggets 6 or Yogurt w/ String Cheese 6 with Fruit & Veggie Bar 3&4	Fish Sticks 6 or Uncrustable 6 with Fruit & Veggie Bar 3&4	Pizza 6 or Yogurt w/ String Cheese 6 with Fruit & Veggie Bar 3&4	Chicken Strips 6 or Uncrustable 6 with Fruit & Veggie Bar 3&4	Deli Turkey Sandwich 6 or Yogurt w/ String Cheese 6 with Fruit & Veggie Bar 3&4	
B	13 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	14 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	15 Uncrustable 6,Cereal 2, Yogurt 1, Hard Boiled Eggs 1, Muffin 2 Fruit 4 & Milk 5	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	
L	Walking Tacos 6 or Uncrustable 6 with Fruit & Veggie Bar 3&4	Bosco Pizza Sticks 6 or Yogurt w/ String Cheese 6 with Fruit & Veggie Bar 3&4	Italian Chicken Wrap 6 or Uncrustable 6 with Fruit & Veggie Bar 3&4	Hamburgers 6 or Yogurt w/ String Cheese 6 with Fruit & Veggie Bar 3&4	Pizza 6 or Uncrustable 6 with Fruit & Veggie Bar 3&4	
B	20	21	22	23	24	
L						
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**	28 Milk served with every meal. Lunch prices will increase 10cents for the 2012-13 school year.	29	30	This institution is a equal opportunity provider.	
L		Menu subject to change.			B = Breakfast L = Lunch	