

Lunch Menu

July 2016



SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
26	27	28	29	30	1	2
					Turkey Ham and Cheese on Bun with Mustard (23g) Fruit Cup (14-22g) 100% Fruit Juice (14g) Chocolate Milk (24g)	
3	4	5	6	7	8	9
	NOT IN SESSION DUE TO JULY 4th HOLIDAY	Turkey Ham & Cheese Wrap (16g) Salsa (4g) Raisins (30g) Chocolate Milk (24g)	Chicken Salad and Cheese w/ Ranch Dressing (6g) Tortilla Strips (23g) Fresh Apple (21g) Chocolate Milk (24g)	Yogurt Parfait (33g) Sunflower Seeds (4g) Pretzels (16g) Celery w/ Ranch (5g) Chocolate Milk (24g)	Assorted Sandwiches (21-55g) Fruit Cup (14-22g) 100% Fruit Juice (14g) Chocolate Milk (24g)	
10	11	12	13	14	15	16
	Soy Butter w/Jelly Sandwich (55g) Mozzarella String Cheese (1g) 100% Fruit Juice (14g) Fruit Cup (14-22g) Chocolate Milk (24g)	Turkey Ham and Cheese on Pasta Salad with Italian Dressing (45g) Carrots w/Ranch (10g) Fresh Apple (21g) Chocolate Milk (24g)	Chicken Fajita and Cheese Wrap (14g) Salsa (4g) Raisins (30g) Chocolate Milk (24g)	Assorted Cheese, Turkey Pepperoni and Saltines (23g) Celery with Ranch (5g) Fruit Cup (14-22g) Chocolate Milk (24g)	Turkey Ham and Cheese on Bun with Mustard (23g) Fruit Cup (14-22g) 100% Fruit Juice (14g) Chocolate Milk (24g)	
17	18	19	20	21	22	23
	Turkey & Cheese Flatbread with Mustard (20g) Carrots w/ Ranch (10g) Fruit Cup (14-22g) Chocolate Milk (24g)	Turkey Ham & Cheese Wrap (16g) Salsa (4g) Raisins (30g) Chocolate Milk (24g)	Chicken Salad and Cheese w/ Ranch Dressing (6g) Tortilla Strips (23g) Fresh Apple (21g) Chocolate Milk (24g)	Yogurt Parfait (33g) Sunflower Seeds (4g) Pretzels (16g) Celery w/ Ranch (5g) Chocolate Milk (24g)	Assorted Sandwiches (21-55g) Fruit Cup (14-22g) 100% Fruit Juice (14g) Chocolate Milk (24g)	
24	25	26	27	28	29	30
	Soy Butter w/Jelly Sandwich (55g) Mozzarella String Cheese (1g) 100% Fruit Juice (14g) Fruit Cup (14-22g) Chocolate Milk (24g)	Turkey Ham and Cheese on Pasta Salad with Italian Dressing (45g) Carrots w/Ranch (10g) Fresh Apple (21g) Chocolate Milk (24g)	Chicken Fajita and Cheese Wrap (14g) Salsa (4g) Raisins (30g) Chocolate Milk (24g)	Assorted Cheese, Turkey Pepperoni and Saltines (23g) Celery with Ranch (5g) Fruit Cup (14-22g) Chocolate Milk (24g)	Turkey Ham and Cheese on Bun with Mustard (23g) Fruit Cup (14-22g) 100% Fruit Juice (14g) Chocolate Milk (24g)	
<p>ALL COMPONENTS MEET THE USDA SUMMER FEEDING PROGRAM REQUIREMENTS. NO PEANUT OR PORK PRODUCTS SERVED. 1% WHITE MILK AND NONFAT CHOCOLATE MILK PROVIDED. GRAMS OF CARBOHYDRATE IN PARENTHESES. MENU SUBJECT TO CHANGE. USDA/CCSD ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. REVISED 5/11/16</p>						



Columbus Recreation and Parks

Mailing Address:
1111 E Broad St., Ste 103
Columbus, OH 43205
Physical Address:
263 Carpenter Street
Columbus, Ohio 43205

PHONE: 614.645.3334
FAX: 614.645.0686

www.columbusrecparks.com