

# PWCS Summer Menu



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

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

## BREAKFAST MENU

### Monday

Mini Pancakes ✓  
or Cereal ✓  
with a Nutri-Grain Bar ✓  
or Cheese Stick ✓  
Fresh Nectarine  
Chilled Fruit Juice  
Milk

### Tuesday

Turkey Ham & Cheese  
Croissant  
or Cereal ✓  
with a Nutri-Grain Bar ✓  
or Cheese Stick ✓  
Fresh Apple  
Chilled Fruit Juice  
Milk

### Wednesday

French Toast Sticks ✓  
or Cereal ✓  
with a Nutri-Grain Bar ✓  
or Cheese Stick ✓  
Fresh Plum  
Chilled Fruit Juice  
Milk

### Thursday

Pancake Sandwich ✓  
or Cereal ✓  
with a Nutri-Grain Bar ✓  
or Cheese Stick ✓  
Fresh Nectarine  
Chilled Fruit Juice  
Milk

### Friday

Cinnamon Waffle ✓  
or Cereal ✓  
with a Nutri-Grain Bar ✓  
or Cheese Stick ✓  
Fresh Peach  
Chilled Fruit Juice  
Milk

## LUNCH MENU

### Monday

Pizza Sticks ✓\*  
with Dipping Sauce  
Assorted Seasonal  
Fruits and Vegetables  
Milk

### Tuesday

Crispy Chicken  
Sandwich  
Assorted Seasonal  
Fruits and Vegetables  
Milk

### Wednesday

Cheesy Bread ✓\*  
Assorted Seasonal  
Fruits and Vegetables  
Milk

### Thursday

Popcorn Chicken  
with Garlic Knot  
Assorted Seasonal  
Fruits and Vegetables  
Milk

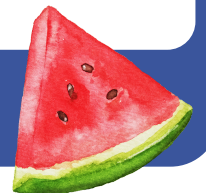
### Friday

Cheese Pizza ✓\* or  
Pepperoni Pizza  
Assorted Seasonal  
Fruits and Vegetables  
Milk

Vegetarian Entrées Offered Daily for Lunch



Sunwise Sandwich with Cheese Stick ✓ & Crackers ✓  
Yogurt with Graham Crackers ✓



### Vegetarian Entrees

\*May contain animal-derived rennet



No pork or pork byproducts  
PWCS menus.



### Milk Options

Fat Free Unflavored Milk, 1% Unflavored Milk, and Fat Free Chocolate Milk are offered with all breakfasts and lunches.