

# To-Go Summer Meals



Free summer meal kits are available for pick up at Charles J. Colgan High School for children 18 years of age and younger. Each meal kit contains food for 5 breakfasts and 5 lunches.

Meal kits are served on the following Wednesdays from 3-6 p.m. at Colgan High School: June 24, July 1, July 8, July 15, July 22, and July 29.

Meal kits are served on a first-come, first-served basis.

Visit [www.pwcsnutrition.com](http://www.pwcsnutrition.com) for more information!

## MEAL KIT MENU

### ENTREES

- **Mini Pancakes** (1 package)
- **Snack 'n Sweet Cinnamon Waffle** (1 package)
- **Cereal** (2 packages)
- **Graham Crackers** (1 package)
- **Mozzarella Cheese Stick** (4 sticks)
  
- **Crispy Chicken Fillet** (1 fillet)
- **Hamburger Bun** (1 bun)
- **Popcorn Chicken** (1 serving)
- **Pizza Boli Bites** (2 servings)
- **Peanut Butter & Jelly Uncrustable** (1 sandwich)

### SIDES & CONDIMENTS

- **Assorted Seasonal Local Produce**  
*(for example: bibb lettuce, grape tomatoes, cucumbers, peaches, plums, blueberries, etc.)*
- **Fruit Juice Cup** (2 cups)
- **Strawberry Craisins** (2 packages)
- **Applesauce Cup** (2 cups)
- **Marinara Dipping Sauce** (2 cups)
- **Ranch Dipping Sauce Cup** (2 cups)

### MILK

- **Fresh Milk** (1/2 gallon)
- **Shelf-Stable Chocolate Milk** (2 cups)



**No pork or pork byproducts  
PWCS menus.**