

To-Go Summer Meals

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

Meal kits are served on the following Wednesdays from 2:15-6 p.m. at Colgan High School: June 24, July 1 (rescheduled to June 30 due to weather), July 8, July 15, July 22, and July 29.

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

Visit www.pwcsnutrition.com for more information!

Meal Kit Components

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 and Jelly Uncrustable (1 sandwich)



Sides and Condiments

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



Milk

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

Menu subject to change based on product availability. This institution is an equal opportunity provider.