

Menu Subject to Change June 17, 2019 through
Without Notice July 12, 2018

FREE SUMMER LUNCH MENU
WANA B. PARK, FLENNIKEN LIBRARY, EQT
REC CENTER &
CARMICHAELS MIDDLE SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

17
Chicken Patty
Sandwich on WG Bun
w/wo Ketchup
Baby Carrots w/ Dip
Diced Peaches
Milk 8oz

18
Hamburger or
Cheeseburger on WG
Bun w/wo Ketchup
Tossed Salad
4oz Grape Juice
Milk 8oz

19
Chicken Nuggets &
Dinner Roll w/wo
Ketchup
4oz Apple Juice
Fresh Fruit (Orange or
Banana)
Milk 8oz

20
Cheese or Pepperoni
Pizza
Tossed Salad
Fresh Fruit (Apple,
Orange or Banana)
Milk 8oz

21
Hot Dog on WG Bun
w/wo Ketchup, Mustard
Baked French Fries
4oz Apple Juice
Milk 8oz

FREE LUNCH FOR KIDS 18 and UNDER

24
Ham & Cheese on WG
Sub Bun w/wo Mayo &
Mustard
Baby Carrots & Dip
Mixed Berry Fruit Cup
Milk 8oz

25
Beefy Nachos &
Cheese
4oz Grape Juice
Diced Peaches
Milk 8oz

26
Chicken Tenders
w/WG Roll w/wo
Ketchup
Tossed Salad
4oz Apple Juice
Milk 8oz

27
BBQ Rib Sandwich
Steamed Sweet Corn
Fresh Fruit (Apple,
Orange or Banana)
Milk 8oz

28
Cheese or Pepperoni
Pizza
Cucumber Chips & Dip
Fresh Fruit (Apple,
Orange or Banana)
Milk 8oz

Wanna B Park Monday through Friday Lunch 12:00 – 1:00

1
Walking Taco
Tossed Salad
Fresh Fruit (Apple,
Orange or Banana)
Milk 8oz

2
Turkey & Cheese on
WG Sub w/wo Mayo &
Mustard
4oz Grape Juice
Fresh Fruit (Apple,
Orange or Banana)
Milk 8oz

3
Cheese or Pepperoni
Pizza
Tossed Salad
Applesauce
Milk 8oz

4
No Lunch
4th of July Holiday

5
Chicken Nuggets
w/WG Rolls
Steamed Green Beans
Fresh Fruit (Apple,
Orange or Banana)
Milk 8oz

Carmichaels Middle School Monday through Friday Lunch 10:30 – 12:30

8
Hamburger or
Cheeseburger on Bun
w/wo Ketchup or
Mustard
Baby Carrots & Dip
4oz Grape Juice
Milk 8oz

9
Chicken Fajita w/wo
Cheese & Salsa
Steamed Sweet Corn
Diced Pears
Milk 8oz

10
BBQ Rib Sandwich
Baked French Fries
Diced Peaches
Milk 8oz

11
Nachos w/ Beef &
Cheese
4oz Grape Juice
Fresh Fruit (Apple,
Orange or Banana)
Milk 8oz

12
Cheese or Pepperoni
Pizza
Tossed Salad
Fresh Fruit (Apple,
Orange or Banana)
Milk 8oz

Flenniken Public Library Monday through Thursday Lunch 11:45 – 1:00

EQT REC CENTER Monday through Friday Lunch 11:30 – 12:30