



YMCA, Young-5's, & GSRP Lunch Menu September 2021

Menu is Subject to

Don't Forget our B & C Choices

B. Healthy Choice: Turkey & Ham
Slices, Crackers, Boiled Egg, Yogurt,
Muffins, Carrot Sticks, String Cheese,
& More.

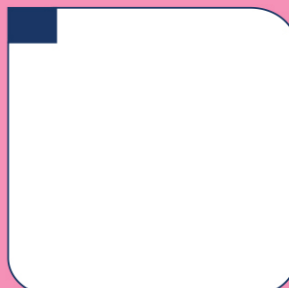
C. PB&J w/Fruits and Vegetables

Free breakfast and lunch.

**Curbside Meals available for
virtual learning Mondays
9:00-10:00. Located at
Duncan Lake Middle School.
You will receive 5 breakfast
and 5 lunches.**



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1
Pizza
Corn
Fruit
Milk/Juice

2
Rotini & Meat Sauce
Garlic Toast
Green Beans
Fruit
Milk/Juice

3
**No
School**

6
**No
School**

7
Chicken Nuggets
Mashed Potatoes &
Gravy
Fruit
Milk/Juice

8
Pizza
Corn
Fruit
Milk/Juice

9
Nacho
Refried Beans
Fruit
Milk/Juice

10
Hot Dog
French Fries
Fruit
Milk/Juice

13
French toast Sticks &
Sausage
Hash brown
Fruit
Milk/Juice

14
Chicken Smackers
Mashed Potatoes &
Gravy
Fruit
Milk/Juice

15
Pizza
Corn
Fruit
Milk/Juice

16
3 Cheese Cavatappi
Broccoli
Garlic Toast
Fruit
Milk/Juice

17
Bosco Sticks
French Fries
Fruit
Milk/Juice

20
Cheeseburger
Sweet Potato Tots
Fruit
Milk/Juice

21
Chicken Nuggets
French Fries
Fruit
Milk/Juice

22
**1/2
Day**

23
Walking Taco
Refried Beans
Fruit
Milk/Juice

24
Corndog
Carrot Sticks
Fruit
Milk/Juice

27
Chicken Sandwich
French Fries
Fruit
Milk/Juice

28
Popcorn Chicken
Mashed Potatoes &
Gravy
Fruit
Milk/Juice

29
Pizza
Corn
Fruit
Milk/Juice

30
Mac N Cheese
Garlic Toast
Green Beans
Fruit
Milk/Juice

