

# SUMMER MEALS! ALL KIDS EAT FREE!



**BREAKFAST HOURS**  
7:30am - 10am  
**LUNCH HOURS**  
10:45am - 12:45pm

**FOR LUNCH,  
CHOOSE AT LEAST  
3 ITEMS  
TOTAL  
FROM AT LEAST 3  
DIFFERENT GROUPS**

**No paperwork necessary. Must be 18 or under for free meals.**

**Monday - Friday,  
July 8 – Aug 2**

**Family Members are invited!  
Adults (over 18)  
\$2.00 Breakfast, \$4.00 Lunch**

Monday, July 8	Tuesday, July 9	Wednesday, July 10	Thursday, July 11	Friday, July 12
<p><b>Choice of One</b> Hot Dog on a Roll</p> <p>Meaty Nachos PBJ Sandwich Yogurt and Bagel Lunch</p> <p><b>Choice of Two</b> Mixed Fruit Fresh Fruit Three Bean Salad Salad Bar</p> <p><b>Choice of Milk</b></p>	<p><b>Choice of One</b> Bomber Brunch for Lunch French Toast or Pancakes</p> <p>Meaty Nachos PBJ Sandwich Yogurt and Bagel Lunch</p> <p><b>Choice of Two</b> 100% Juice Cup Fresh Fruit Hash Brown Salad Bar</p> <p><b>Choice of Milk</b></p>	<p><b>Choice of One</b> Chicken Patty on a Roll</p> <p>Meaty Nachos PBJ Sandwich Yogurt and Bagel Lunch</p> <p><b>Choice of Two</b> Applesauce Fresh Fruit Broccoli Salad Bar</p> <p><b>Choice of Milk</b></p>	<p><b>Choice of One</b> BBQ Riblet Sandwich on a Roll</p> <p>Meaty Nachos PBJ Sandwich Yogurt and Bagel Lunch</p> <p><b>Choice of Two</b> Pears Fresh Fruit Tater Tots Salad Bar</p> <p><b>Choice of Milk</b></p>	<p><b>Choice of One</b> Pizza Day</p> <p>Meaty Nachos PBJ Sandwich Yogurt and Bagel Lunch</p> <p><b>Choice of Two</b> Peaches Fresh Fruit Carrots Salad Bar</p> <p><b>Choice of Milk</b></p>
Monday, July 15	Tuesday, July 16	Wednesday, July 17	Thursday, July 18	Friday, July 19
<p><b>Choice of One</b> Hamburger or Cheeseburger on a Bun</p> <p>Meaty Nachos PBJ Sandwich Yogurt and Bagel Lunch</p> <p><b>Choice of Two</b> Mixed Fruit Fresh Fruit Vegetable Trio Salad Bar</p> <p><b>Choice of Milk</b></p>	<p><b>Choice of One</b> Popcorn Chicken with a Biscuit</p> <p>Meaty Nachos PBJ Sandwich Yogurt and Bagel Lunch</p> <p><b>Choice of Two</b> Applesauce Fresh Fruit BBQ Beans Salad Bar</p> <p><b>Choice of Milk</b></p>	<p><b>Choice of One</b> Mozzarella Sticks with Dipping Sauce</p> <p>Meaty Nachos PBJ Sandwich Yogurt and Bagel Lunch</p> <p><b>Choice of Two</b> Pears Fresh Fruit Seasoned Corn Salad Bar</p> <p><b>Choice of Milk</b></p>	<p><b>Choice of One</b> Meatball Sub on a Roll</p> <p>Meaty Nachos PBJ Sandwich Yogurt and Bagel Lunch</p> <p><b>Choice of Two</b> Berry Cups Fresh Fruit French Fries Salad Bar</p> <p><b>Choice of Milk</b></p>	<p><b>Choice of One</b> Pizza Day</p> <p>Meaty Nachos PBJ Sandwich Yogurt and Bagel Lunch</p> <p><b>Choice of Two</b> Peaches Fresh Fruit Green Beans Salad Bar</p> <p><b>Choice of Milk</b></p>

**EAST ROCHESTER UFSD Summer Meals Program**

# We're here to serve you and your family delicious lunches all summer long! Convenient, healthy, FREE meals every summer weekday!

**Monday, July 22**

**Choice of One**

Hot Dog on a Roll

Meaty Nachos  
PBJ Sandwich  
Yogurt and Bagel Lunch

**Choice of Two**

Mixed Fruit  
Fresh Fruit  
Three Bean Salad  
Salad Bar

**Choice of Milk**

**Tuesday, July 23**

**Choice of One**

Bomber Brunch for Lunch  
French Toast or Pancakes

Meaty Nachos  
PBJ Sandwich  
Yogurt and Bagel Lunch

**Choice of Two**

100% Juice Cup  
Fresh Fruit  
Hash Brown  
Salad Bar

**Choice of Milk**

**Wednesday, July 24**

**Choice of One**

Chicken Patty on a Roll

Meaty Nachos  
PBJ Sandwich  
Yogurt and Bagel Lunch

**Choice of Two**

Applesauce  
Fresh Fruit  
Broccoli  
Salad Bar

**Choice of Milk**

**Thursday, July 25**

**Choice of One**

Cheddar Burger on a Roll

Meaty Nachos  
PBJ Sandwich  
Yogurt and Bagel Lunch

**Choice of Two**

Pears  
Fresh Fruit  
Tater Tots  
Salad Bar

**Choice of Milk**

**Friday, July 26**

**Choice of One**

Pizza Day

Meaty Nachos  
PBJ Sandwich  
Yogurt and Bagel Lunch

**Choice of Two**

Pears  
Fresh Fruit  
Carrots  
Salad Bar

**Choice of Milk**

**Monday, July 29**

**Choice of One**

Hamburger or  
Cheeseburger on a Bun  
Meaty Nachos  
PBJ Sandwich  
Yogurt and Bagel Lunch

**Choice of Two**

Mixed Fruit  
Fresh Fruit  
Vegetable Trio  
Salad Bar

**Choice of Milk**

**Tuesday, July 30**

**Choice of One**

Baked Herb Chicken  
w/ Biscuit  
Meaty Nachos  
PBJ Sandwich  
Yogurt and Bagel Lunch

**Choice of Two**

Applesauce  
Fresh Fruit  
BBQ Beans  
Salad Bar

**Choice of Milk**

**Wednesday, July 31**

**Choice of One**

Mozzarella Sticks with  
Dipping Sauce  
Meaty Nachos  
PBJ Sandwich  
Yogurt and Bagel Lunch

**Choice of Two**

Pears  
Fresh Fruit  
Seasoned Corn  
Salad Bar

**Choice of Milk**

**Thursday, August 1**

**Choice of One**

Meatball Sub

Meaty Nachos  
PBJ Sandwich  
Yogurt and Bagel Lunch

**Choice of Two**

Berry Cups  
Fresh Fruit  
French Fries  
Salad Bar

**Choice of Milk**

**Friday, August 2**

**Choice of One**

Pizza Day

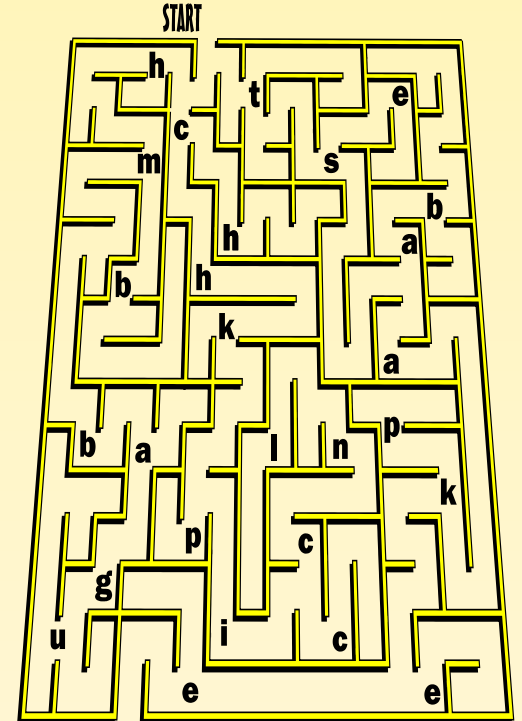
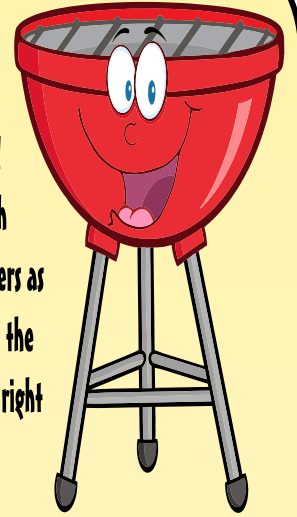
Meaty Nachos  
PBJ Sandwich  
Yogurt and Bagel Lunch

**Choice of Two**

Peaches  
Fresh Fruit  
Green Beans  
Salad Bar

**Choice of Milk**

What's the #1 favorite grilled food in America? To find out, trace a path through the maze, collecting letters as you go. Then, rearrange the letters you found on the right path to get the answer!



**ANSWER:**