



**CAPTAIN CHS Summer Meal
Program Menu
Provided by
Shenendehowa Central Schools Kitchen
2024**



1/2 Pint of 1% Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes 4oz Yogurt Juice Milk	Turkey and Cheese Sub Fresh Veggies Applesauce Milk	Chicken Tenders Fresh Veggies Juice Milk	Peanut Butter and Jelly Sandwich Fresh Veggies Apple Slices Milk	Cold Pizza Fresh Veggies Mixed Fruit Cup Milk
Bagel Cream Cheese 4oz Yogurt Cheese Stick Juice Milk	Ham and Cheese Sub Fresh Veggies Applesauce Milk	Cheese and Turkey Pepperoni Pizza Kit Fresh Veggies Mixed Fruit Cup Milk	Peanut Butter and Jelly Sandwich Fresh Veggies Apple Slices Milk	Nachos Salsa Cup Cheese Cup Juice Milk
Waffles 4oz Yogurt Juice Milk	Turkey and Cheese Sub Fresh Veggies Applesauce Milk	Chicken Tenders Fresh Veggies Juice Milk	Peanut Butter and Jelly Sandwich Fresh Veggies Apple Slices Milk	Cold Pizza Fresh Veggies Mixed Fruit Cup Milk
Bagel Cream Cheese 4oz Yogurt Cheese Stick Juice Milk	Ham and Cheese Sub Fresh Veggies Applesauce Milk	Cheese and Turkey Pepperoni Pizza Kit Fresh Veggies Mixed Fruit Cup Milk	Peanut Butter and Jelly Sandwich Fresh Veggies Apple Slices Milk	Nachos Salsa Cup Cheese Cup Juice Milk



Key:
3 oz of Protein
4 oz of either Fruit Cup, Salads,
Vegetables or 100% Fruit Juice
Meets USDA Summer Meal
Program Meal Requirements

**Fresh Veggies: Baby Carrots, Grape Tomatoes, or Cucumber Slices w/Dipping Sauce
** SunButter available upon request

**Questions call
518-371-1185**

