

JULY 2026

OTO YMCA SFSP @ 2:30pm-3:30pm

All Meals Are Served
With 1% Low-Fat Or
Fat-Free Chocolate Milk

Monday

Tuesday

Wednesday

Thursday

Friday

6
Yogurt and Blueberries
Cheese Stick
Cucumbers
WG Graham Crackers

7
WG Breadsticks w/
Cheese and Marinara
Applesauce

8
Turkey and Cheese on
WG Bread
Baby Carrots
Juice Box

9
Boiled Egg
WG Chips
Peaches
Crispy Chickpeas

10
WG Chicken Nuggets
Potato Smiles
Juice Box

13
Peanut Butter
WG Pretzels
Celery Sticks
Apple

14
Pizza Munchable
(WG Flatbread, shredded
cheese, pizza sauce, pepperoni)
Juice Box

15
Chef Salad
WG Crackers
Craisins

16
WG Tuna Sandwich
Cucumbers
Applesauce

17
Grilled Chicken on
WG Roll w/
Lettuce and Tomato
Watermelon

20
WG PB&J
Cheese Stick
Juice Box
Apple

21
Sunflower Seeds
Cheese Stick
WG Chips
Crispy Chickpeas
Juice Box

22
Ham and Cheese on
WG Bread
Baby Carrots
Applesauce

23
WG Chips and Salsa
Cheese Cubes
Pears

24
Hot Dog on
WG Bun
Juice Box
Banana

27
Yogurt and Blueberries
Cheese Stick
Cucumbers
WG Graham Crackers

28
WG Breadsticks w/
Cheese and Marinara
Applesauce

29
Turkey and Cheese on
WG Bread
Baby Carrots
Juice Box

30
Boiled Egg
WG Chips
Peaches
Crispy Chickpeas

31
WG Chicken Nuggets
Potato Smiles
Juice Box

*This Establishment Is An Equal Opportunity Provider

WG Cereal, 1% Low-Fat Milk and Fruit Will Be Available for Breakfast 9am to 9:45am Monday thru Friday