

YMCA Menu



CD = Contains Dairy

GF = Gluten Free

NV = Non Vegetarian

July 2017

Feature of the Month

Watermelons from Walchi Farms

Walchli Farms has been in business for over 50 years. Skip Walchli began growing watermelons while still in high school. Starting off on just 7 acres in Stanfield Oregon, the farm has now grown to more than 2,000 acres and multiple crops. Today Skip and his children continue to run the farm and are proud of their handpicked watermelons that are shipped directly to the Pacific Northwest.

**All meals are served with fresh fruits and vegetables.
All meals are served with a variety of milk**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Holiday - Closed	4 Holiday - Closed	5 Lunch: Veggie Hummus Wrap, fresh fruit, and veggies	6 Lunch: (NV, CD) Turkey and Provolone Sandwich, fresh fruit, and veggies	7 Lunch: WW Fiesta Pasta Salad, Tortilla Chips, fresh fruit, and veggies
10 Lunch: (NV) Chicken Salad Sandwich, fresh fruit, and veggies	11 Lunch: (GF, CD) Taco Salad Bowl, fresh fruit	12 Lunch: (CD) SW Black Bean Wrap, fresh fruit, and veggies	13 Lunch: (CD) Veggie and Cheese Sandwich, Hummus Cup, fresh fruit, and veggies	14 Lunch: (NV, CD) WW Chicken Bacon Ranch Pasta Salad, 2oz Whole Wheat Roll, fresh fruit, and veggies
17 Lunch: Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	18 Lunch: (CD) Chef Salad Bowl, WG Cornbread Muffin, fresh fruit	19 Lunch: Egg Salad Sandwich, fresh fruit, and veggies	20 Lunch: (NV, CD) Turkey Pastrami and Swiss Sandwich, fresh fruit, and veggies	21 Lunch: (NV, CD) WW Caesar Pasta Salad w/ Chicken, 2oz Whole Wheat Roll, fresh fruit, and veggies
24 Lunch: (CD) Veggie and Cheese Sandwich, fresh fruit, and veggies	25 Lunch: (NV, CD) Chicken Caesar Salad Bowl, 2oz Whole Wheat Roll, fresh fruit	26 Lunch: Veggie Hummus Wrap, fresh fruit, and veggies	27 Lunch: (NV) Teriyaki Soba Bowl with Chicken, fresh fruit, and veggies	28 Lunch: (NV, CD) Turkey Pastrami and Swiss Sandwich, fresh fruit, and veggies
31 Lunch: Sunflower Butter & Jelly Sandwich, Cheddar Cheese Stick, fresh fruit, and veggies				