









7 Day Power-Up Menu

Community Centers: Rice (Mon.-Thur.) Ending 7/30 & Great Life (Mon.-Fri.)

July 27th-August 3rd Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
Cereal Juice Milk	Muffin Juice Milk	Cereal Juice Milk	Breakfast Bar Juice Milk	Mgr. Choice Juice Milk	Mgr. Choice Juice Milk	Mgr. Choice Juice Milk	Cereal Juice Milk
Deli Sandwich Sidekick Applesauce Cup Bag of Chips *Milk	PB&J Sandwich String Cheese Fresh Fruit Carrot Dippers Bag of Chips *Milk	Deli Sandwich Apple Juice Box Bag of Chips *Milk	PB&J Sandwich String Cheese Applesauce Cup Fresh Orange Bag of Chips *Milk	Deli Sandwich Sidekick Applesauce Cup Bag of Chips *Milk	Pizza String Cheese Frozen Fruit Cup Apple ½ Bag of Chips/ Cracker *Milk	Deli Wrap Juice Box Apple 1/2 Bag of Chips/ Cracker *Milk	Last day for serving is July 30th at Rice Community Center- Thank you for the opportunity to serve our community this summer!
 *Milk with lunch is optional.							 Menu is subject to change based on availability.

August 3rd-9th Great Life ONLY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast 	Cereal Juice Milk	Muffin Juice Milk	Cereal Juice Milk	Breakfast Bar Juice Milk	Cereal Juice Milk	Cereal Juice Milk	Pancake Porky Juice Milk
Lunch  Menu is subject to change based on availability.	Deli Sandwich Sidekick Applesauce Cup Bag of Chips *Milk	PB&J Sandwich String Cheese Fresh Fruit Carrot Dippers Bag of Chips *Milk	Deli Sandwich Fruit Juice Box Bag of Chips *Milk	PB&J Sandwich String Cheese Applesauce Cup Fresh Fruit Bag of Chips *Milk	Deli Sandwich Sidekick Applesauce Cup Bag of Chips *Milk	Chicken Nuggets Juice Box Apple ½ Bag of Chips/ Cracker *Milk	Burrito Apple ½ Fresh Fruit *Milk
*Milk with lunch is optional.							

****The end of the week meal pick-up will include meals for the WEEKEND!**

Allergen Advisory: Product served in Grab and Go Meals may contain milk, eggs, wheat, soy, peanuts, and tree nuts and others. Please read the label on the package prior to eating. Please call 785-295-3190 for more info. Please leave a message and we will return your call as soon as possible. ~All

Pre-Cooked Items served need to be reheated to an internal temperature of 165 degrees for a minimum of 15 sec. before consuming.

This institution is an equal opportunity provider. Esta institución es un proveedor que ofrece igualdad de oportunidades.