

## MONDAY

### SUPER DONUT

|                         |                |
|-------------------------|----------------|
| <b>super donut</b>      | <b>2.2 oz</b>  |
| <b>100% Fruit Juice</b> | <b>1/2 cup</b> |
| <b>1% Milk</b>          | <b>8 oz</b>    |

## TUESDAY

### WHOLE GRAIN BLUEBERRY MUFFIN

|                         |                |
|-------------------------|----------------|
| <b>Blueberry Muffin</b> | <b>50g</b>     |
| <b>100% Fruit Juice</b> | <b>1/2 cup</b> |
| <b>1% Milk</b>          | <b>8 oz</b>    |

## WEDNESDAY

### NUTRIGRAIN BAR

|                       |             |
|-----------------------|-------------|
| <b>Nurtigrain Bar</b> | <b>37g</b>  |
| <b>Fruit Cup</b>      | <b>4oz</b>  |
| <b>1 % milk</b>       | <b>8 oz</b> |

## THURSDAY

### WHOLE GRAIN BAGEL

|                         |                |
|-------------------------|----------------|
| <b>Bagel</b>            | <b>25g</b>     |
| <b>100% Fruit Juice</b> | <b>1/2 cup</b> |
| <b>1% Milk</b>          | <b>8oz</b>     |

## FRIDAY

### BELVITA BREAKFAST BISCUIT

|                        |             |
|------------------------|-------------|
| <b>BelVita Biscuit</b> | <b>50g</b>  |
| <b>Low- Fat Yogurt</b> | <b>4 oz</b> |
| <b>1% Milk</b>         | <b>8oz</b>  |

The Summer Food Service Program is funded by a grant from the Illinois State Board of Education . In accordance with Federal Law and United States Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326- W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C 20250- 9410 OR CALL (202) 720- 5964 (voice and TDD). USDA is an equal employment opportunity provider and employer.



## BREAKFAST MENU

### - LOCATION-

June 12- August 11

Fleetwood- Jourdain Community Center, 1655 Foster St.  
 Robert Crown Community Center, 1801 Main St.  
 Mason Park Field House, 1600 Florence  
 Haven Middle School 2417 Prairie Ave.  
 Dewey School, 1551 Wesley Ave.

June 20- July 28

Kingsley School 2300 Green Bay Rd.  
 Oakton School, 436 Ridge Ave

\*Meals served Monday- Friday 7:30am-9am

\*All children age 1- 18 yrs. will be served on a first-come, first- served basis.

\*Parents must accompany young children

\*ALL MEALS MUST BE EATEN IN THE PARK. PLEASE DO NOT LEAVE WITH YOUR FOOD

### -INFORMATION-

(847) 448- 8254



**Evanston™**  
 Parks, Recreation and  
 Community Services

## MONDAY

### PASTA SALAD WITH CHICKEN

|                     |         |
|---------------------|---------|
| Chicken             | 1.53 oz |
| Parmesan Cheese     | 1 oz    |
| Whole Grain Noodles | 25 g    |
| Vegetables          | 1/4 cup |
| 100% Fruit Juice    | 1/2 cup |
| 1% Milk             | 8 oz    |

## TUESDAY

### CHICKEN CAESAR WRAP

|                  |         |
|------------------|---------|
| Chicken          | 1.5 oz  |
| Tortilla         | 25 g    |
| Fruit Cup        | 4 oz    |
| 100% Fruit Juice | 1/2 cup |
| 1% Milk          | 8 oz    |

## WEDNESDAY

### CLUB SANDWICH

|                   |      |
|-------------------|------|
| Turkey Ham        | 2 oz |
| Cheddar Cheese    | 2 oz |
| Whole Grain Bread | 25 g |
| Fruit Cup         | 4oz  |
| 1% milk           | 8 oz |

## THURSDAY

### ITALIAN SUB SANDWICH

|                  |         |
|------------------|---------|
| Italian Combo    | 2oz     |
| Roll             | 25g     |
| American Cheese  | 2 oz    |
| Vegetables       | 1/4 cup |
| 100% Fruit Juice | 1/2 cup |
| 1% Milk          | 8oz     |

## FRIDAY

### DOMINO'S CHEESE PIZZA

|             |      |
|-------------|------|
| Pizza Crust | 50g  |
| Cheese      | 2 oz |
| Fruit Cup   | 4 oz |
| 1% Milk     | 8oz  |



## LUNCH MENU

### - LOCATION -

June 12- August 11

Fleetwood- Jourdain Community Center, 1655 Foster St.  
Robert Crown Community Center, 1801 Main St.  
Mason Park Field House, 1600 Florence  
Haven Middle School 2417 Prairie Ave.  
Dewey School, 1551 Wesley Ave.

June 20- July 28

Kingsley School 2300 Green Bay Rd.

Oakton School, 436 Ridge Ave

\*Meals served Monday- Friday 11:30am-1:30pm

\*All children age 1- 18 yrs. will be served on a first-come, first- served basis.

\*Parents must accompany young children

\*ALL MEALS MUST BE EATEN IN THE PARK. PLEASE DO NOT LEAVE WITH YOUR FOOD

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Community Services

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## LUNES

### DONUT DE GRANO ENTERO

|                           |                 |
|---------------------------|-----------------|
| <b>super donut</b>        | <b>2.2oz</b>    |
| <b>100% jugo de fruta</b> | <b>1/2 taza</b> |
| <b>1% de leche</b>        | <b>8 oz</b>     |

## MARTES

### INTEGRAL MOLDE DE ARÁNDANOS

|                              |                 |
|------------------------------|-----------------|
| <b>Muffin de arándano</b>    | <b>50 g</b>     |
| <b>100% de fruta Jugo de</b> | <b>1/2 taza</b> |
| <b>1% de leche</b>           | <b>8 oz</b>     |

## MIÉRCOLES

### NUTRI GRAIN BAR

|                         |             |
|-------------------------|-------------|
| <b>Nurtigrain Bar</b>   | <b>37g</b>  |
| <b>taza de la fruta</b> | <b>4 oz</b> |
| <b>1% de leche</b>      | <b>8 oz</b> |

## JUEVES

### GRANO ENTERO BAGEL

|                         |                 |
|-------------------------|-----------------|
| <b>Bagel</b>            | <b>25g</b>      |
| <b>100% Fruit Juice</b> | <b>1/2 taza</b> |
| <b>1% de leche</b>      | <b>8 oz</b>     |

## VIERNES

### BELVITA DESAYUNO GALLETA

|                         |             |
|-------------------------|-------------|
| <b>Belvita galleta</b>  | <b>50g</b>  |
| <b>Bajo Yogur graso</b> | <b>4 oz</b> |
| <b>1% de leche</b>      | <b>8 oz</b> |

El Programa de Servicio de Alimentos de Verano está financiado por una subvención de la Junta de Educación del Estado de Illinois. De acuerdo con la ley federal y la política del Departamento de Agricultura de los Estados Unidos, esta institución tiene prohibido discriminar por motivos de raza, color, nacionalidad, sexo, edad o discapacidad. Para presentar una queja por discriminación, escriba a USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 O LLAME (202) 720-5964 (voz y TDD). El USDA es un proveedor y empleador que ofrece igualdad de oportunidades de empleo.



## MENÚ DE DESAYUNO

### -LOCALIZACIÓN-

12 de junio al 11 de agosto

Fleetwood- Centro Comunitario Jourdain, 1655 Foster St.  
Robert Crown Community Center, 1801 Main St.  
Mason Park Field House, 1600 Florence  
Haven Middle School 2417 Prairie Ave.  
Dewy School, 1551 Wesley Ave.

20 de junio al 28 de julio

Kingsley School, 2300 Green Bay Rd.

Oakton School, 436 Ridge Ave

\* Comidas servidas de lunes a viernes 7:30am-9am

\* Todos los niños de 1 a 18 años. serán atendidos por orden de llegada.

\* Los padres deben acompañar a los niños pequeños

\* Todos los alimentos deberan ser comidos en el parque.  
Porfavor no retirar comida del parque.

### -INFORMACIÓN-

(847) 448- 8254



**Evanston**  
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## LUNES

### PAVO Y CHEDDAR BENTO BOX

|                     |             |
|---------------------|-------------|
| Jamón de pavo       | 1.53 oz     |
| queso cheddar       | 1 oz        |
| galletas integrales | 2 oz        |
| verduras            | 1/4 taza de |
| jugo 100% de frutas | 1/2 tazas   |
| 1% de leche         | 8 oz        |

## MARTES

### DE POLLO ENVOLTURA CÉSAR

|                     |          |
|---------------------|----------|
| Pollo               | 1.5 oz   |
| Tortilla            | 25 g     |
| Taza de frutas      | 4 oz     |
| 100% jugo de frutas | 1/2 taza |
| 1% de leche         | 8 oz     |

## MIÉRCOLES

### PAVO Y CHEDDAR DELI SANDWICH

|                  |      |
|------------------|------|
| Pavo             | 2 oz |
| queso cheddar    | 2 oz |
| pan integral     | 25 g |
| taza de la fruta | 4 oz |
| 1% de leche      | 8 oz |

## JUEVES

### ITALIANO SUB SANDWICH

|                     |          |
|---------------------|----------|
| italiano Combo      | 2 oz     |
| rollo               | 25g      |
| queso americano     | 2 oz     |
| verduras            | 1/4 taza |
| 100% jugo de frutas | 1/2 taza |
| 1% de leche         | 8oz      |

## VIERNES

### DOMINO'S CHEESE PIZZA

|                     |      |
|---------------------|------|
| corteza de la pizza | 50 g |
| queso               | 2 oz |
| Taza de frutas      | 4 oz |
| 1% de leche         | 8 oz |

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## MENÚ DE ALMUERZO

### -LOCALIZACIÓN-

12 de junio al 11 de agosto

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Robert Crown Community Center, 1801 Main St.  
Mason Park Field House, 1600 Florence  
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