

## SUMMER MEALS PROGRAM

Not ALL children are looking forward to the school year being finished. Despite not having to cram for tests, do homework and the ability to sleep late in the morning, summertime also opens up a severe problem to hungry children. LACK OF FOOD. Summer lunches will be provided to help those children receive a nutritious meal when school is not in session.

### What food is served?

Similar to the National School Lunch and School Breakfast Programs, the Summer Meals Programs must meet federal nutrition guidelines. A nutritious meal composed of fruits/vegetables, grains, protein, and milk is served.

### What is the cost?

It is FREE for all children 18 and younger.

### What do you need to register?

NOTHING! Children do not need to be registered for any programs to receive a summer meal. All children and teens 18 & younger are welcome. There is absolutely no cost and there is no ID, paperwork, or registration required.

### Location of Summer Meals?

Summer meals will be located at Daisy Ingraham Elementary School, 105 Goodspeed Drive, Westbrook, CT – Mondays thru Thursdays – July 9th thru August 2<sup>nd</sup> – 11:30 am – 12:15 pm



*sandwiches • salads • fruits • milk*

**Free Summer Meals!**  
**Comidas de Verano Gratis!**

**Kids and teens 18 and under**  
**Niños y adolescentes de 18 años y menos**

Comidas gratis para niños este verano!

Comidas gratis para todas los niños y jóvenes de 1 a 18 anos  
Sin aplicación o registro



# Summer Lunch Menu July 9, to August 2, 2018

Meals Are Served Free of Charge from 11:30 to 12:15 Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
July 9 Turkey & Cheese on a Bun Scooby Snacks, Fruit Selection, Milk	July 10 Hot Dog on a Bun Tortilla Chips, Fruit Selection, Milk	July 11 Chicken Patty on a Bun Baked Potato Puffs Fruit Selection, Milk	July 12 Cheese Pizza Slice Chocolate Chip Cookie Fruit Selection, Milk	July 13 NO MEALS SERVED ON FRIDAY'S
July 16 Turkey & Cheese on a Bun Scooby Snacks, Fruit Selection, Milk	July 17 Hot Dog on a Bun Tortilla Chips, Fruit Selection, Milk	July 18 Chicken Patty on a Bun, Baked Potato Puffs Fruit Selection, Milk	July 19 Cheese Pizza Slice Chocolate Chip Cookie Fruit Selection, Milk	July 20 NO MEALS SERVED ON FRIDAY'S
July 23 Turkey & Cheese on a Bun Scooby Snacks, Fruit Selection, Milk	July 24 Hot Dog on a Bun Tortilla Chips, Fruit Selection, Milk	July 25 Chicken Patty on a Bun Baked Potato Puffs Fruit Selection, Milk	July 26 Cheese Pizza Slice Chocolate Chip Cookie Fruit Selection Milk	July 27 NO MEALS SERVED ON FRIDAY'S
July 30 Turkey & Cheese on a Bun Scooby Snacks, Fruit Selection, Milk	July 31 Hot Dog on a Bun Tortilla Chips, Fruit Selection, Milk	August 1 Chicken Patty on a Bun Baked Potato Puffs Fruit Selection, Milk	August 2 Cheese Pizza Slice Chocolate Chip Cookie Fruit Selection, Milk	August 3 NO MEALS SERVED ON FRIDAY'S

Summer Lunch Location: Daisy Ingraham Elementary School – 105 Goodspeed Dr., Westbrook, CT