



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE BATH AREA FAMILY YMCA/RSU 1 SUMMER FOOD PROGRAM

June 29–August 28

The Bath Area Family YMCA will be offering free meals to the community throughout the summer! From **June 29 through August 28**, meals will be available via travelling routes through Bath, Woolwich, and Phippsburg in an effort to continue the RSU 1 Grab & Go meal program that began during the COVID-19 school closure. Route details and times are listed below. All times are approximate. Multiple days worth of meals may be provided at one time. **No meals will be served on Friday, July 3.**

Children, their accompanying families, and adults can also pick up Grab & Go sack meals at the Bath Area Family YMCA on 303 Centre St. from **11:30 a.m. to 12:30 p.m., Mondays–Fridays.**



BATH Route • Monday, Wednesday, Friday • VEGGIE VAN

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| 10:00 a.m. • Atlantic Townhouses: Community Playground | 11:00 a.m. • Dike Newell School |
| 10:20 a.m. • Maritime Apartments: Community Building | 11:15 a.m. • Patten Free Library |
| 10:30 a.m. • Oak Grove Commons: Mail Building | 11:30 a.m. • Fisher Mitchell School |
| 10:45 a.m. • Varnum Field | 11:45 a.m. • Goddard's Pond |



WOOLWICH Route • Tuesdays & Thursdays • VEGGIE VAN

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| 10:00 a.m. • Carleton Point Road | 11:00 a.m. • Montsweag Fleamarket |
| 10:15 a.m. • West Longely Drive | 11:20 a.m. • Hockomock Road & Murphy's Corner Road |
| 10:30 a.m. • Carriage Lane & Old Stage | 11:40 a.m. • Woolwich Central School |
| 10:45 a.m. • MacKenzie Lane | |



PHIPPSBURG Route • Tuesdays & Thursdays • YMCA BANNERED VEHICLE

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| 10:00 a.m. • Phippsburg Sportsman's Club | 10:50 a.m. • Sebasco Post Office |
| 10:15 a.m. • Pine Tree Service Center | 11:05 a.m. • Small Point Baptist Church |
| 10:30 a.m. • Phippsburg Elementary School | 11:20 a.m. • Sam Day Hill Road |

For more information contact msjen@bathymca.org or annie@bathymca.org
or go to bathymca.org/summermeals.

THE BATH AREA FAMILY YMCA/RSU 1 SUMMER FOOD PROGRAM MENU

MENU A

Served week of June 29, July 13, July 27, August 10, and August 24

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Bagel & cream cheese • Apple • Milk 	<ul style="list-style-type: none"> • Cinnamon bun • Banana • Milk 	<ul style="list-style-type: none"> • Muffin • Juice • Milk 	<ul style="list-style-type: none"> • Cereal bowl • ZeeZee dried fruit • Milk 	<ul style="list-style-type: none"> • Pancake bites • Grapes • Milk
Lunch	<ul style="list-style-type: none"> • Turkey & cheese wrap • Hard-boiled egg • Baby carrots • Apple • Milk 	<ul style="list-style-type: none"> • Make a parfait (yogurt, berries, granola) • Fresh grapes • Milk 	<ul style="list-style-type: none"> • WG cracker • Ham & cheese • Cucumbers • Melon • Chocolate milk 	<ul style="list-style-type: none"> • Sunbutter & jelly sandwich • Orange smiles • Baby tomatoes • Cheese stick • Milk 	<ul style="list-style-type: none"> • Chicken salad sandwich • Cucumbers • Kiwi • WG Pretzels • Milk

MENU B

Served week of July 6, July 20, August 3, and August 17

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Cocoa cherry bar • Orange slices • Milk 	<ul style="list-style-type: none"> • Cereal bowl • Fruit juice • Milk 	<ul style="list-style-type: none"> • Muffin • Applesauce cup • Milk 	<ul style="list-style-type: none"> • Gogurt • Granola bar • Dried fruit 	<ul style="list-style-type: none"> • Cereal bowl • Banana • Milk
Lunch	<ul style="list-style-type: none"> • Tuna pasta salad (tomato & cucumbers) • WG roll • Cheese stick • Applesauce cup • Milk 	<ul style="list-style-type: none"> • Bagel & cream cheese • Cheese stick • Sunflower seeds • Fresh grapes • Celery sticks • Milk 	<ul style="list-style-type: none"> • Chicken nuggets & ranch dip • WG roll • Carrot sticks • Orange slices • Chocolate milk 	<ul style="list-style-type: none"> • Pepperoni Munchable (flatbread, sauce, cheese, pepperoni) • Banana • Carrots • Juice 	<ul style="list-style-type: none"> • Taco cup (meat, cheese, lettuce, tomato, salsa) • WG tortilla chips • Berries • Juice • Milk

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