

# JULY 2025

## Bath YMCA Summer Program

Menu Subject to Change without Notice

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1

#### Turkey & Cheese Munchable

Turkey Coins & Cheese Cubes  
Whole Grain Cheese It's  
Fresh Cantaloupe Chunks  
Fresh Broccoli  
Milk

2

#### Ham & Cheese on a Bun

Ham & Cheese Sandwich  
Assorted Fresh Pepper Strips  
Fresh Clementines  
Popcorn Bag  
Milk

3

#### Chicken Fajita Salad Shaker

Seasoned Chicken, Cheese,  
Romaine & Corn  
Whole Grain Tortilla Chips  
Sour Cream & Salsa  
Milk

4

#### Fourth of July!

#### Turkey & Cheese Bagel Sandwich

Turkey & Cheese on a Whole Grain  
Bagel  
Optional Mayo/Mustard  
Fresh Carrot Bag  
Tropical Fruit Cup  
Milk

8

#### Hummus Munchable Pack

Hummus, Tortilla Rounds, Mixed  
Fresh Vegetables  
Cheese Stick  
Fresh Grape Cup  
Milk

9

#### Ham & Cheese Pretzel Sandwich

Ham & Cheese on a Whole Grain  
Pretzel Bun  
Optional Honey Mustard  
Fresh Pea Pods  
Pineapple Chunk Cup  
Milk

10

#### Chicken or Tuna Salad Lunch Pack

Choice of Chicken or Tuna  
Whole Grain Crackers  
Fresh Cucumber Slices  
Raspberries  
Cubed Cheese  
Milk

11

#### Taco Pasta Salad Cup

Whole Grain Pasta tossed in taco  
dressing with corn, black beans and  
shredded cheese.  
Fresh Cubed Watermelon  
Whole Grain Tortilla Scoops  
Milk

12

#### Pizza Munchable

Flatbreads, Marinara, Cheese  
Pineapple Chunks  
Fresh Pea Pods  
Milk

15

#### Turkey & Cheese Pita Pocket

Turkey & Cheese in a Pita  
Fresh Cherry Tomatoes  
Diced Peach Cup  
Milk

16

#### Chicken Caesar Salad Shaker

Chicken, Cheese, Romaine,  
Croutons, Caesar Dressing  
Whole Grain Sun Chips  
Fresh Grape Cup  
Milk

17

#### Summer Pasta Salad

Whole Grain Pasta, Diced Ham,  
Shredded Cheese, Diced Cucumber,  
Shredded Carrots, Optional Dressing  
Fresh Whole Pears  
Pretzel Goldfish  
Milk

18

#### Sun butter & Jelly Bagged Lunch

Sun butter & Jelly Uncrustable  
Cheese Stick  
Mandarin Orange Cup  
Fresh Baby Carrots w/ Ranch Dip  
Milk

19

#### Yogurt Snack Pack

Vanilla Yogurt Cup  
Whole Grain Teddy Grahams  
Cheese Stick  
Banana  
Fresh Apple  
Milk

21

#### Turkey & Cheese Munchable

Turkey Coins & Cheese Cubes  
Whole Grain Cheese It's  
Fresh Cantaloupe Chunks  
Fresh Broccoli  
Milk

22

#### Ham & Cheese on a Bun

Ham & Cheese Sandwich  
Assorted Fresh Pepper Strips  
Fresh Clementines  
Popcorn Bag  
Milk

23

#### Chicken Fajita Salad Shaker

Seasoned Chicken, Cheese,  
Romaine & Corn  
Whole Grain Tortilla Chips  
Sour Cream & Salsa  
Milk

24

#### Cold Asian Noodle Salad

Whole Grain Spaghetti tossed in a  
light sauce with fresh peapods and  
shredded carrots  
Mandarin Orange Cup  
Whole Grain Dinner Roll  
Milk

25

#### Turkey & Cheese Bagel Sandwich

Turkey & Cheese on a Whole Grain  
Bagel  
Optional Mayo/Mustard  
Fresh Carrot Bag  
Tropical Fruit Cup  
Milk

28

#### Hummus Munchable Pack

Hummus, Tortilla Rounds, Mixed  
Fresh Vegetables  
Cheese Stick  
Fresh Grape Cup  
Milk

29

#### Ham & Cheese Pretzel Sandwich

Ham & Cheese on a Whole Grain  
Pretzel Bun  
Optional Honey Mustard  
Fresh Pea Pods  
Pineapple Chunk Cup  
Milk

30

#### Chicken or Tuna Salad Lunch Pack

Choice of Chicken or Tuna  
Whole Grain Crackers  
Fresh Cucumber Slices  
Raspberries  
Cubed Cheese  
Milk

31

