



Summer Lunch
at the Park

LUNCH MENU

JUNE 2024



Monday	Tuesday	Wednesday	Thursday	Friday
DeKalb First United Methodist Church Summer Lunch at the Park Welsh Park Pavilion 651 Russell Rd., DeKalb				
03 Turkey on Oat Bread Sliced Turkey, 2oz Provolone Cheese, 1oz WG Oat Bread, 2oz Fresh Vegetable Sticks, 1/2c Flavored Applesauce, 1/2c Low-Fat Mayo, 1ea Low-Fat Ranch, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	04 It's Brunch Time! Hardboiled Egg, 1ea Strawberry Yogurt, 4oz WG Blueberry Muffin, 2oz Fresh Carrots, 1/2c Whole Plum, 1/4c Low-Fat Ranch, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	05 Chicken Dippers WG Breaded Nuggets, 3oz (5) WG Sun Chips, 1oz Fresh Broccoli, 1/4c Fresh Watermelon, 1/2c BBQ Sauce, 1ea Ketchup, 1ea Low-Fat Ranch, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	06 Flatbread Pizza Stacker WG Flatbread, 2oz Mozzarella Cheese, 2oz Turkey Pepperoni, 2oz Marinara Sauce, 1oz Fresh Green Pepper Slices, 1/3c Fresh Whole Pear, 1/2c FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	
10 Café Turkey Club Sliced Turkey, 2.5oz American Cheese .5oz WG Bread, 2oz (2ea) Dill Pickle, 1/4c Whole Apple, 1/2c, Low-Fat Mayo, 1ea Mustard, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	11 Walking Taco Grilled Chicken, 2oz Cheddar Cheese, 1oz WG Nacho Doritos, 1oz Salsa, 1/2c Whole Peach, 1/2c Taco Sauce, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	12 Breakfast for Lunch Peach Yogurt, 8oz WG Honey Scooters Cereal, 1oz Fresh Strawberries, 1/2c Whole Orange, 1/2c 1% White Milk, 8oz # of Leftovers <input type="text"/>	13 Grilled Chicken Salad Grilled Chicken, 2oz Cheese Cubes, 1oz WG Dinner Roll, 1oz WG Croutons, .25oz (1ea) Romaine Lettuce, 3/4c Fresh Grapes, 1/2c Low-Fat Ranch, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	
17 Sunbutter Sandwich Sunbutter Sandwich, 2.6oz Mozzarella Stick, 1oz WG Cheddar Crackers, .75oz Fresh Broccoli, 1/2c Whole Apple, 1/2c 1% White Milk, 8oz # of Leftovers <input type="text"/>	18 Cracker Stacker Turkey Ham Squares, 2oz Cheese Cubes, 1oz WG Crackers, .7oz (3ea) Fresh Carrots, 1/2c Fresh Plum, 1/2c Low-Fat Ranch, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	19 Parfait Day Vanilla Yogurt, 4oz Sunflower Seeds, 1oz (1ea) WG Granola, 1oz Diced Peaches, 1/2c Fresh Blueberries, 1/4c FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	20 Chopped Salad Mozz Cheese Stick, 2oz (2) WG Breadstick 1oz, (1ea) WG Croutons, .25oz (1ea) Chopped Lettuce, 3/4c Fresh Grapes, 1/2c Marinara Sauce, 1oz Low-Fat Ranch, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	
24 Bite Size Day Turkey Bites, 1oz Cheese Stick, 1oz WG Pretzels, .7oz (1ea) Fresh Grape Tomatoes, 1/4c Fresh Plum, 1/2c Low-Fat Ranch, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	25 Turkey on Oat Bread Sliced Turkey, 2oz Provolone Cheese, 1oz WG Oat Bread, 2oz Fresh Vegetable Sticks, 1/2c Flavored Applesauce, 1/2c Low-Fat Mayo, 1ea Low-Fat Ranch, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	26 Southwest Pita Grilled Chicken, 2oz Cheddar Cheese, 1oz WG Pita, 1oz (1ea) WG Croutons, .25oz (1ea) Fresh Bell Peppers, 1/4c Whole Nectarine, 1/2c Taco Sauce, 1ea FF Chocolate Milk, 8oz # of Leftovers <input type="text"/>	27 It's Brunch Time! Hardboiled Egg, 1ea Strawberry Yogurt, 4oz WG Blueberry Muffin, 2oz Fresh Carrots, 1/2c Whole Plum, 1/4c Low-Fat Ranch, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	

Water will be available.