

FREE LUNCH FOR DAY CAMPER!

NO FREE LUNCH DC 11, AUG 7-11, 2017

LIFE FOR YOUTH CAMP IS PARTNERING WITH THE IRC SCHOOL DISTRICT AND OFFERING EACH DAY CAMPER A FREE LUNCH!

Meals are completely free all you have to do is sign up!

TO PARTICIPATE IN THE FREE LUNCH PROGRAM, SIGN UP ON MONDAY MORNING AT ANY DROP OFF LOCATION. SIGN UP IS WEEKLY! IF YOU DO NOT SIGN UP ON MONDAY YOU CANNOT PARTICIPATE IN THE FREE LUNCH PROGRAM THAT WEEK. WE DO NOT HAVE A DAILY SIGN UP. **YOU DO NOT NEED TO QUALIFY OR FILL OUT ANY PAPERWORK.** ALL YOU DO IS PUT YOUR CHILD'S NAME ON THE LIST AND THEY WILL RECEIVE A LUNCH EACH DAY THAT WEEK.

ALL MEALS ARE WELL BALANCED AND COLD, SEE SAMPLE MENU. WE WILL NOT BE OFFERING BREAKFAST OR SNACKS, ONLY LUNCHES.

JUNE

Lunch Menus Summer 2016




School
District of
Indian River
County



FRUIT
Cantaloupe

Just a cup of cantaloupe provides a full day's worth of vitamins A and C. The orange color of this popular and delectable melon is a tip off that cantaloupe also delivers a healthy dose of beta carotene.

OF THE MONTH



Week 1

Monday, Day 1

Cheese Pizza
Baby Carrots
Mixed Fruit Applesauce

Tuesday, Day 2

Cheese Nachos
Broccoli Floret Cups
Apple Slices

Wednesday, Day 3

Fresh Made Chicken Tender Wrap
Fresh Seasonal Veggie
Chilled Peaches

Thursday, Day 4

Fresh Made Turkey and Cheese
Croissant
100% Fruit Punch Juice
Fresh Seasonal Fruit

Friday, Day 5

Peanut Butter and Jelly with String
Cheese
Baby Carrots
Craisins
Nacho Cheese Doritos Chips

**All Kids
Eat Free!**

For every week, randomly
select the 100 or under.



Available Daily



1% White Milk
Fat Free Chocolate Milk
Assorted Condiments

Menu subject to change based on availability

Week 2

Monday, Day 6

Pepperoni Pizza
Baby Carrots
Strawberry Applesauce

Tuesday, Day 7

Ham and Cheese Sliders
Broccoli Floret Cups
100% Grape Fruit Juice

Wednesday, Day 8

Chicken Nuggets with Dipping
Sauce
100% Fruit Punch Juice
Sliced Apples
Cool Ranch Doritos Chips

Thursday, Day 9

Fresh Made Turkey and Cheese Sub
Fresh Seasonal Veggies
Chilled Peaches

Friday, Day 10

WowButter Sandwich with String
Cheese
Baby Carrots
Fresh Seasonal Fruit
Nacho Cheese Doritos Chips