



Portage Township YMCA

Serving at our Nutrition Kitchen

Menu subject to change without notice



BREAKFAST 8:00 am-9:00 am

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Fruit Milk	Whole Grain Bagel with Strawberry Cream Cheese Fruit Milk	Whole Grain Muffin Fruit Milk	Pop-Tart Strawberry Pastry Fruit Milk	Whole Grain Donut Fruit Milk

LUNCH 11:00 am-1:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Sub Bun, Turkey, American Cheese, Fruit Vegetable Milk	Whole Wheat Whole Grain Bread with Sliced Ham & American Cheese Fruit Vegetable Milk	Whole Grain Tortilla with Turkey & Shredded Cheese Fruit Vegetable Milk	Smucker's PB & J Cheese Stick Fruit Vegetable Milk	Whole Grain Pita Pocket with Turkey/Chicken & Shredded Cheese Fruit Vegetable Milk

This Institution is an equal opportunity provider.