

July

YMCA Piedmont of Brad Akins

SFSP - Lunch YMCA

		BBQ Chicken Sandwich Baby Carrots Fresh Mandarin White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Ranch Dressing pouch	1	Turkey Hotdog Juicy Juice - 100% Rainbow Punch (6.75 oz) Banana Wild White Nacho Doritos Dairy Direct - Fat Free Chocolate Milk White Milk - Dairy Direct (1 pint) Ketchup	2	Chicken Salad Wrap Romaine Lettuce Cherry Tomatoes 1/4c Mixed Fruit Cup White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Ranch Dressing pouch	3		
Crispy Chicken & Cheese Sandwich Veggie Patty Burger Potato Wedges 1/2 C Mixed Fruit Cup White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk	6	Chicken & Cheese Wrap Hummus - Vegan Celery Sticks 100% Fruit Punch Juice (4.23 oz) White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Mayonnaise Pouch Ranch Dressing pouch	7	Chicken Corn Dog Vegan Nugget Sub Baby Carrots 1/2C Fresh Mandarin White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Ketchup 7g	8	Roasted Meatballs 2oz Vegetable Blend Banana WG Lentil Rice White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk	9	Greek Grilled Chicken Salad Apple Cheez-It Crackers White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Golden Italian Dressing	10
Turkey Sausage Tater Tots Potatoes Juicy Juice - Orange Tangerine Juice (4.23oz) Buttermilk Pancakes White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Ketchup Syrup	13	Turkey & Cheese sandwich Juicy Juice - 100% Rainbow Punch (6.75 oz) Fresh Mandarin White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Mustard, Packet Ketchup 7g	14	Chicken Mac N Cheese Green Beans Juicy Juice Grape Juice Box White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk	15	Chicken Corn Dog Baby Carrots 1/2C Banana White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Ketchup	16	Chicken & Cheese Chef Salad Hummus and Cheese Wrap Cherry Tomatoes 1/4c Apple Cheddar Goldfish Crackers White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Ranch Dressing pouch	17

20 Crispy Chicken & Cheese Sandwich Potato Wedges Juicy Juice - Strawberry Kiwi Juice (4.23oz) White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Ketchup 7g	21 Turkey & Cheese sandwich Juicy Juice - 100% Rainbow Punch (6.75 oz) Apple White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Mayonnaise Pouch Mustard, Packet	22 BBQ Meatballs Sliced Carrot Fresh Mandarin Corn Rice 1C White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk	23 Turkey Meatsauce w/ Rotini Pasta Broccoli Banana White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk	24 Chicken & Cheese Wrap Mixed Salad Mixed Fruit Cup White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Ranch Dressing pouch
27 Chicken Quesadilla Tomato Corn Salad Watermelon Craisins Dairy Direct - Fat Free Chocolate Milk White Milk - Dairy Direct (1 pint)	28 Turkey & Cheese sandwich Celery Sticks Juicy Juice - Fruit Punch Juice Box White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk	29 Spaghetti w/ Meatballs Green Beans Fresh Mandarin White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Ketchup 7g	30 WG Cheesy Garlic Stuffed Pocket Juicy Juice - 100% Rainbow Punch (6.75 oz) Banana White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Ranch Dressing pouch Mayonnaise Pouch	31 Chicken & Cheese Chef Salad Mixed Fruit Cup Cheez-It Crackers White Milk - Dairy Direct (1 pint) Dairy Direct - Fat Free Chocolate Milk Ranch Dressing pouch

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call [\(866\) 632-9992](#). Submit your completed form or letter to USDA by:

mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
fax: [\(202\) 690-7442](#); or
email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.