			THE CIT	Y OF			
				.UMB ŮS			
COL	UMBUS		RECREA	ATION AND PARKS			
CITY SCHOOLS2025 Summer Experience High School Lunch Menu DEPARTMENT							
Week 1							
MONDAY 6/9	TUESDAY 6/10	WEDNESDAY 6/11	THURSDAY 6/12	FRIDAY 6/13			
Sliced Buffalo	"Make your own	(2) Yogurt Cups	Turkey & Mozzarella	Italian Hoagie			
Chicken Sandwich	Pizza"	Fruit-filled Churro	Flatbread Sandwich	Applesauce Cup			
Apple Slices	WG Naan Crust	Fresh Banana	Strawberry Cup	Zucchini Slices			
Baby Carrots	Mozzarella Cheese	Celery Sticks	Grape Tomatoes	Ranch Dressing			
Hot Sauce	Beef Salami Slices	Ranch Dressing	Mustard Pack	Italian Dressing			
Ranch Dressing	Marinara Cup (3oz)	Chocolate Milk	Ranch Dressing	Chocolate Milk			
Chocolate Milk	Whole Pear		Chocolate Milk				
	Chocolate Milk						
Week 2							
MONDAY 6/16	TUESDAY 6/17	WEDNESDAY 6/18	THURSDAY 6/19	FRIDAY 6/20			
Turkey & Cheese	Nacho Tortilla Chips	Breaded Chicken	Wow Butter and	Chicken, Turkey			
on a Bun	Salsa Cup	Sliders	Strawberry Jelly	Pepperoni & Cheese			
Whole Apple	Cheese Dip Cup	Fresh Banana	Sandwich	Sub			
Baby Carrots	Sour Cream Pack	Celery Sticks	Peach Cup	Applesauce Cup			
Chocolate Milk	Whole Pear	Ketchup Packet	Grape Tomatoes	Yellow Squash Slices			
	Chocolate Milk	BBQ Packet	Ranch Dressing	Italian Dressing			
		Ranch Dressing	Chocolate Milk	Ranch Dressing			
		Chocolate Milk		Chocolate Milk			
		Week 3					
MONDAY 6/23	TUESDAY 6/24	WEDNESDAY 6/25	THURSDAY 6/26	FRIDAY 6/27			
Sliced Buffalo	"Make your own	(2) Yogurt Cups	Roasted Turkey Stick	Italian Hoagie			
Chicken Sandwich	Pizza"	Fruit-filled Churro	Marble Cheese Stick	Applesauce Cup			
Apple Slices	WG Naan Crust	Fresh Banana	WG Tortilla	Zucchini Slices			
Baby Carrots	Mozzarella Cheese	Celery Sticks	Strawberry Cup	Ranch Dressing			
Hot Sauce	Beef Salami Slices	Ranch Dressing	Grape Tomatoes	Italian Dressing			
Ranch Dressing	Marinara Cup (3oz)	Chocolate Milk	Chocolate Milk	Chocolate Milk			
Chocolate Milk	Whole Pear						
	Chocolate Milk						
		Week 4					
MONDAY 6/30	TUESDAY 7/1	WEDNESDAY 7/2	THURSDAY 7/3	FRIDAY 7/4			
Turkey Ham & Cheese	Nacho Tortilla Chips	Breaded Chicken	Soft Pretzel				
on a Bun	Salsa Cup	Sliders	Sunflower Butter Cup				
Whole Apple	Cheese Dip Cup	Fresh Banana	Peach Cup	HAPPY 4 th of JULY			
Baby Carrots	Sour Cream Pack	Celery Sticks	Grape Tomatoes				
Chocolate Milk	Whole Pear	Ketchup Packet	Ranch Dressing				
	Chocolate Milk	BBQ Packet	Chocolate Milk				
		Milk					

	ATION AND PARKS						
CITY SCHOOLS 2025 Summer Experience High School Lunch Menu							
Week 5							
MONDAY 7/7	TUESDAY 7/8	WEDNESDAY 7/9	THURSDAY 7/10	FRIDAY 7/11			
Sliced Buffalo	"Make your own	(2) Yogurt Cups	Turkey & Mozzarella	Italian Hoagie			
Chicken Sandwich	Pizza"	Fruit-filled Churro	Flatbread Sandwich	Applesauce Cup			
Apple Slices	WG Naan Crust	Fresh Banana	Strawberry Cup	Zucchini Slices			
Baby Carrots	Mozzarella Cheese	Celery Sticks	Grape Tomatoes	Ranch Dressing			
Hot Sauce	Beef Salami Slices	Ranch Dressing	Mustard Pack	Italian Dressing			
Ranch Dressing	Marinara Cup (3oz)	Chocolate Milk	Ranch Dressing	Chocolate Milk			
Chocolate Milk	Whole Pear		Chocolate Milk				
	Chocolate Milk						
Week 6							
MONDAY 7/14	TUESDAY 7/15	WEDNESDAY 7/16	THURSDAY 7/17	FRIDAY 7/18			
Turkey & Cheese	Nacho Tortilla Chips	Breaded Chicken	Wow Butter and	Chicken, Turkey			
on a Bun	Salsa Cup	Sliders	Strawberry Jelly	Pepperoni & Cheese			
Whole Apple	Cheese Dip Cup	Fresh Banana	Sandwich	Sub			
Baby Carrots	Sour Cream Pack	Celery Sticks	Peach Cup	Applesauce Cup			
Chocolate Milk	Whole Pear	Ketchup Packet	Grape Tomatoes	Yellow Squash Slices			
	Chocolate Milk	BBQ Packet	Ranch Dressing	Italian Dressing			
		Ranch Dressing	Chocolate Milk	Ranch Dressing			
		Chocolate Milk		Chocolate Milk			
All sandwiches get mayo and mustard packet. All vegetable packs served with Ranch Dressing.							
Fruit and Vegetable Schedule - Monday - apples and baby carrots, Tuesday - Orange Slices and Green Vegetable, Wednesday -							

Banana and Celery, Thursday - Frozen Fruit Cup and Grape Tomatoes, Friday - Applesauce and Zucchini or Yellow Squash Coins

Weekly Snacks						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
1	2	3	4	5		
Cheez-it Crackers	Vanilla Dino Bites	Popcorn Chips	Strawberry Crackers	Apple Crisps		
Capri Sun	Milk	Capri Sun	Milk	Capri Sun		