

ISD 196 Food and Nutrition Services  
 TL\*, CP\*, WV\*, RES, HL, GH, PW, WL, and GL

Summer Food Program

TL, CP, WV add Friday July 28 and Aug 4

## Camp Propel 2017 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 24, Aug 7	July 25, Aug 8	July 26, Aug 9	July 27, Aug 10 (last day)	July 28
Cinnamon Toast Crunch Reduced-Sugar Cereal 22 gm  Whole Grain Banana Muffin 28 gm  Applesauce 14 gm  Orange Juice 13 gm  Milk	Mini Cinni's 40 gm   Fresh Fruit 18 gm  Apple Juice 14 gm  Milk	Whole Grain Blueberry Muffin 32 gm  Multi-Grain Frosted Flakes Reduced –Sugar Cereal 24 gm  Diced Peaches 19 gm  Orange Juice 13 gm  Milk	Warm WG Croissant 30 gm  Cheese Stick 1 gm  Mandarin Oranges 17 gm  Apple Juice 14 gm  Milk	Cheerios Cereal 20 gm  Warm Biscuit 13 gm with Jelly 9gm  Apple Sauce 14 gm  Orange Juice 13 gm  Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 31	Aug 1	Aug 2	Aug 3	Aug 4
Multi-Grain Frosted Flakes Reduced-Sugar Cereal 24 gm  Cherry Filled Bread 36 gm  Applesauce 14 gm  Apple Juice 14 gm  Milk	Cheerios Cereal 20 gm  Banana Choc chip Bread 35 gm  Strawberry Fruit Cup 22 gm  Orange Juice 13 gm  Milk	Egg and Cheese Breakfast Sandwich 20gm  Apricot cups 25 gm  Apple Juice 14 gm  Milk	Cinnamon Toast Crunch Reduced-Sugar Cereal 22 gm  Mini Cinnamon Rounds 20gm  Cranraisins 28 gm  Orange Juice 13 gm  Milk	Multi-Grain Frosted Flakes Reduced Sugar Cereal 24 gm  Blueberry Muffin 32 gm  Mandarin Oranges 17 gm  Apple Juice 14 gm  Milk

White Milk 13 gm Chocolate Skim Milk 22 gm

Menus are Pork-free and Peanut-free per manufacturers' labels

gm = grams of carbohydrates per item

\*= also Summer Food Program

This institution is an equal opportunity provider.

There are employment opportunities in ISD 196 for daily and substitute Food Service positions.

To apply, log onto [www.district196.org](http://www.district196.org) Click on "Employment". "Start an application..." etc.