

**PARK WEST APARTMENTS**  
24 Terrace Drive  
Vernon CT 06066

# SUMMER 2023 MENU

## FOR KIDS 18 AND UNDER



### MONDAY

#### Breakfast

Cinnamon Toast Crunch & Whole Grain Muffin  
100% Fruit Juice  
1% White Milk

### TUESDAY

#### Breakfast

BarFresh Fruit Smoothie & Whole Grain Muffin  
1% White Milk

### WEDNESDAY

#### Breakfast

**Steve's Bagel & Cream Cheese**  
100% Fruit Juice  
1% White Milk

### THURSDAY

#### Breakfast

**Hastings Farm Vanilla Yogurt** with French Toast Bites  
100% Fruit Juice  
1% White Milk

### FRIDAY

#### Breakfast

BarFresh Fruit Smoothie & Whole Grain Muffin  
1% White Milk

#### Lunch

Turkey Pepperoni & Cheese Croissant  
Orange Smiles Applesauce Cup  
Chocolate Milk

#### Lunch

Ranch Popcorn Chicken Wrap  
Fresh Apple  
 **Dzen Berries**  
Chocolate Milk

#### Lunch

Muffin Lunch Box (Muffin, Goldfish, String Cheese, Greek Yogurt)  
Broccoli Salad  
Applesauce Cup  
Chocolate Milk

#### Lunch

Turkey Club Ranch Wrap  
Apple Slices  
Baby Carrots  
Chocolate Milk

#### Lunch

Make-Your-Own Pizza  
Apple Slices  
 **Grape Tomatoes**  
Chocolate Milk

local product   nut free   pork free

## FREE BREAKFAST & LUNCH FOR ALL KIDS

The Summer Food Service Program is a federally-funded, state-run program. Meals are provided at no charge to all kids 18 and under - no registration or identification required.

Join us in the Community Room at Park West Apartments for breakfast and lunch all summer! All children are welcome, even if they do not live on site. Children must eat in the Community Room, food cannot be taken out.

Menu items subject to change without notice

## COMMUNITY ROOM @ PARK WEST APTS

Every Monday - Friday

June 26 - August 18

\*Closed July 3 and 4

**Breakfast:** 9:30 AM - 10:30 AM

**Lunch:** 12:30 PM - 1:15 PM



Sponsored by: Vernon Public Schools Food & Nutrition Services

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<https://www.vernonpublicschools.org/departments/food-services-menus>