

Monday

Tuesday

Wednesday

Thursday

Friday



5

Lunch: WG Ham & Cheese Sandwich, Pickles & Clementine
** Cheese Sandwich

6

Lunch: WG Chicken Veggie Lo-Mein, Asian Vegetables & Tropical Fruit Cup
**Morning Star Chick'n Strips

7

Lunch: BBQ! WG Ham-burger, Broccoli Slaw & Watermelon
**Veggie Burger

8

Lunch: WG Turkey Meatball Sub, Snap Peas & Peach
**Wegman's Veg Meatball

9

Lunch: Make Your Own! WG Cheese Pizza, Baby Carrots, Grapes (slices for kids <4)

12

Lunch: WG Pesto Caprese Sandwich, Orange slices, Cherry Tomatoes

13

Lunch: Tacos! WG Tortilla, Shredded Chicken, Lettuce/Salsa & Pineapple
**Morning Star Chick'n Strips

14

Lunch: BBQ! WG Turkey Burger, Corn-on-the-Cob & Watermelon
**Veggie Burger

15

Lunch: WG Steak & Cheese Sub, Peppers and Onions w/ Apple
**Wegman's "Beef" Crumble

16

Lunch: WG Chicken Nuggets, WG Dinner Roll, Roasted Zucchini/Squash & Kiwi
**Wegman's Chick'n Nuggets

19

Lunch: WG Turkey & Cheese, Baby Bell Peppers & Pear
** Sunbutter & Jelly

20

Lunch: Charcuterie Pack! Salami & Cheese, Grapes, Cucumbers w/ Ranch & WG Wheat Thins
**All Cheese Cubes

21

Lunch: BBQ! WG Grilled Chicken sandwich, Mixed Vegetables & Watermelon
** Wegman's Chick'n Griller

22

Lunch: Sloppy Joe! Spiced Ground Beef, WG Bulkie Roll, Green Beans & Orange Slices
** Wegman's Beef Crumbles

23

Lunch: WG Quesadilla w/ Corn & Beans & Fruit Salad

26

Lunch: WG Ham & Cheese Sandwich, Pickles & Clementine
** Cheese Sandwich

27

Lunch: WG Chicken Veggie Lo-Mein, Asian Vegetables & Tropical Fruit Cup
**Morning Star Chick'n Strips

28

Lunch: BBQ! WG Ham-burger, Broccoli Slaw & Watermelon
**Veggie Burger

29

Lunch: WG Turkey Meatball Sub, Snap Peas & Peach
**Wegman's Veg Meatball

30

Lunch: Make Your Own! WG Cheese Pizza, Baby Carrots, Grapes (slices for kids <4)

This institution is an equal opportunity provider.

All meals are served with 1% milk (whole milk for children under 2) and water. Menu is subject to change based on availability.

Please contact Carl Tracy, MetroWest YMCA Food Service Director with any questions or concerns. ctracy@metrowestymca.org