

FREE SUMMER MEALS FOR KIDS PROGRAM

BEING OFFERED THIS SUMMER AT GOUVERNEUR CENTRAL SCHOOL DISTRICT



WHO:

ANY CHILD AGE 18 AND UNDER

WHAT:

**SERVING BREAKFAST AND LUNCH - WEEKDAYS
MIDDLE/HIGH SCHOOL CAFETERIA, 133 EAST BARNEY STREET**

- KIDS BREAKFAST AVAILABLE FROM – 7:00-8:00 AM
- KIDS LUNCH AVAILABLE FROM – 11:00 AM – 12:15 PM

AND

**SERVING BREAKFAST ONLY - WEEKDAYS
FOWLER ELEMENTARY SCHOOL, STATE HIGHWAY 58**

- KIDS BREAKFAST AVAILABLE FROM – 7:30-8:30 AM

WHEN:

AVAILABLE WEEKDAYS

- TUESDAY, JULY 6TH TO FRIDAY, AUGUST 13TH



2010 Summer Feeding Program

Fowler Breakfast Menu

<p>Daily Juice Choices: Apple, Orange &, Grape</p> <p>Daily Milk Choices: 2% White, 1% White & 1% Chocolate</p>	J U L Y	<p>6 Peanut Butter w/Graham Cracker Assorted Cereal Choice of Juice Choice of Milk</p>	<p>7 String Cheese- Assorted Cereal Choice of Juice Choice of Milk</p>	<p>8 Yogurt- Assorted Cereal Choice of Juice Choice of Milk</p>	<p>9 Pizza Assorted Cereal Choice of Juice Choice of Milk</p>
<p>12 String Cheese- Assorted Cereal Choice of Juice Choice of Milk</p>	<p>13 Scrambled Eggs Assorted Cereal Choice of Juice Choice of Milk</p>	<p>14 Pizza Assorted Cereal Choice of Juice Choice of Milk</p>	<p>15 Peanut Butter w/Graham Cracker Assorted Cereal Choice of Juice Choice of Milk</p>	<p>16 Yogurt- Assorted Cereal Choice of Juice Choice of Milk</p>	
<p>19 Pizza Assorted Cereal Choice of Juice Choice of Milk</p>	<p>20 Yogurt- Assorted Cereal Choice of Juice Choice of Milk</p>	<p>21 Scrambled Eggs Assorted Cereal Choice of Juice Choice of Milk</p>	<p>22 String Cheese Assorted Cereal Choice of Juice Choice of Milk</p>	<p>23 Peanut Butter w/Graham Cracker Assorted Cereal Choice of Juice Choice of Milk</p>	
<p>26 Yogurt- Assorted Cereal Choice of Juice Choice of Milk</p>	<p>27 Pizza Assorted Cereal Choice of Juice Choice of Milk</p>	<p>28 String Cheese- Assorted Cereal Choice of Juice Choice of Milk</p>	<p>29 Peanut Butter w/Graham Cracker Assorted Cereal Choice of Juice Choice of Milk</p>	<p>30 Scrambled Eggs Assorted Cereal Choice of Juice Choice of Milk</p>	
A U G U S T	<p>2 String Cheese- Assorted Cereal Choice of Juice Choice of Milk</p>	<p>3 Yogurt- Assorted Cereal Choice of Juice Choice of Milk</p>	<p>4 Scrambled Eggs Assorted Cereal Choice of Juice Choice of Milk</p>	<p>5 Pizza Assorted Cereal Choice of Juice Choice of Milk</p>	<p>6 Peanut Butter w/Graham Cracker Assorted Cereal Choice of Juice Choice of Milk</p>
<p>9 String Cheese- Assorted Cereal Choice of Juice Choice of Milk</p>	<p>10 Scrambled Eggs Assorted Cereal Choice of Juice Choice of Milk</p>	<p>11 Pizza Assorted Cereal Choice of Juice Choice of Milk</p>	<p>12 Peanut Butter w/Graham Cracker Assorted Cereal Choice of Juice Choice of Milk</p>	<p>13 Yogurt- Assorted Cereal Choice of Juice Choice of Milk</p>	

2010 Summer Feeding Program

High School Breakfast Menu

J U L Y	Daily Juice Choices: Apple, Orange &, Grape Daily Milk Choices: 2% White, 1% White & 1% Chocolate	6 Assorted Cereal Choice of Juice Choice of Milk	7 Bagel w/Cream Cheese Choice of Juice Choice of Milk	8 Assorted Cereal Choice of Juice Choice of Milk	9 Muffin Choice of Juice Choice of Milk
	12 Assorted Cereal Choice of Juice Choice of Milk	13 Granola Bar Choice of Juice Choice of Milk	14 Assorted Cereal Choice of Juice Choice of Milk	15 Bagel w/Cream Cheese Choice of Juice Choice of Milk	16 Assorted Cereal Choice of Juice Choice of Milk
	19 Muffin Choice of Juice Choice of Milk	20 Assorted Cereal Choice of Juice Choice of Milk	21 Bagel w/Cream Cheese Choice of Juice Choice of Milk	22 Assorted Cereal Choice of Juice Choice of Milk	23 Wheat Toast w/Peanut Butter Choice of Juice Choice of Milk
	26 Assorted Cereal Choice of Juice Choice of Milk	27 Bagel w/Cream Cheese Choice of Juice Choice of Milk	28 Assorted Cereal Choice of Juice Choice of Milk	29 Muffin Choice of Juice Choice of Milk	30 Assorted Cereal Choice of Juice Choice of Milk
	2 Wheat Toast w/Peanut Butter Choice of Juice Choice of Milk	3 Assorted Cereal Choice of Juice Choice of Milk	4 Granola Bar Choice of Juice Choice of Milk	5 Assorted Cereal Choice of Juice Choice of Milk	6 Bagel w/Cream Cheese Choice of Juice Choice of Milk
A U G U S T	9 Assorted Cereal Choice of Juice Choice of Milk	10 Granola Bar Choice of Juice Choice of Milk	11 Assorted Cereal Choice of Juice Choice of Milk	12 Bagel w/Cream Cheese Choice of Juice Choice of Milk	13 Assorted Cereal Choice of Juice Choice of Milk

2010 Summer Feeding Program

High School Lunch Menu

Daily Milk Choices: 2% White, 1% White & 1% Chocolate	J U L Y	6 Pizza Garden Salad Assorted Fruit Choice of Milk	7 Chicken Nuggets French Fries Assorted Fruit Choice of Milk	8 Cheeseburger on a Bun Potato Rounds Assorted Fruit Choice of Milk	9 Hot Dog on a Bun Baked Beans Ice Cream & Assorted Fruit Choice of Milk
12 Hamburger on a Bun French Fries Assorted Fruit Choice of Milk		13 Ham Sub w/Lettuce, Hot Peppers & Mayo Potato Chips Assorted Fruit Choice of Milk	14 Hot Dog on a Bun Vegetable Pasta Salad Sugar Cookie Assorted Fruit Choice of Milk	15 Personal Pan Pizza Garden Salad Assorted Fruit Choice of Milk	16 Chickenburger on a Bun French Fries Assorted Fruit Choice of Milk
19 Pizza Garden Salad Assorted Fruit Choice of Milk		20 Chicken Nuggets Tater Tots Assorted Fruit Choice of Milk	21 Hot Dog on a Bun Celery w/Peanut Butter Dip Assorted Fruit Choice of Milk	22 Turkey Sub w/Lettuce, Hot Peppers & Mayo Chocolate Chip Cookie Assorted Fruit Choice of Milk	23 Mexican Pizza Fresh Vegetable Assorted Fruit Choice of Milk
26 Chickenburger on a Bun Tater Tots Assorted Fruit Choice of Milk		27 Ham & Cheese Sub w/Lettuce, Hot Peppers & Mayo Macaroni Salad Assorted Fruit Choice of Milk	28 Hamburger on a Bun Carrots & Celery Sticks w/ Ranch Dip Assorted Fruit Choice of Milk	29 Pizza Garden Salad Sugar Cookie & Assorted Fruit Choice of Milk	30 Hot Dog on a Bun French Fries Assorted Fruit Choice of Milk
A U G U S T	2 Cheeseburger on a Bun French Fries Assorted Fruit Choice of Milk	3 Turkey Sub w/Lettuce, Hot Peppers & Mayo Assorted Fruit Choice of Milk	4 Meat Lovers' Pizza Garden Salad Ice Cream & Assorted Fruit Choice of Milk	5 Chicken Nuggets Tater Tots Chocolate Chip Cookie Assorted Fruit Choice of Milk	6 Personal Pan Pizza Fresh Vegetable Ice Cream Assorted Fruit Choice of Milk
9 Hamburger on a Bun French Fries Assorted Fruit Choice of Milk		10 Ham Sub w/Lettuce, Hot Peppers & Mayo Potato Chips Assorted Fruit Choice of Milk	11 Hot Dog on a Bun Vegetable Pasta Salad Sugar Cookie Assorted Fruit Choice of Milk	12 Personal Pan Pizza Garden Salad Assorted Fruit Choice of Milk	13 Chickenburger on a Bun French Fries Assorted Fruit Choice of Milk