

**We're here to serve
you and your family
delicious breakfast and
lunch all summer long!
Convenient, healthy,
FREE meals every
summer weekday!**

2019 Summer Meals Sites

**Colchester Middle School
Malletts Bay School
Porters Point School is
operating from 7/9-8/1**

**425 Blakely Road
609 Blakely Road
490 Porters Point Road**

No meals on July 4.

Monday, July 8

**Meatless Monday
Breakfast**

Assorted Cereal
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Grilled Cheese Sandwich
or Sandwich or Salad
of the Day
Sweet Potato Fries
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Tuesday, July 9

Breakfast

Cinnamon bread W/Butter
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Chicken Patty Sandwich
or Sandwich or
Salad of the Day
Parmesan Green Beans
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Wednesday, July 10

Breakfast

Sausage, Egg & Cheese
Sliders
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Individual Cheese or
Pepperoni Pizzas
or Sandwich or Salad of
Day, Fresh Veggies & Dip
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Thursday, July 11

Breakfast

Apple Churro
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Our Homemade Baked
Ziti or Sandwich or
Salad of the Day
Garlic Bread Stick
Steamed Broccoli
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Friday, July 12

Breakfast

Breakfast Bun, Cheese Stick
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Crispy Chicken Tenders
or Sandwich or
Salad of the Day
Waffle Fries, Dinner Roll
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Monday, July 15

**Meatless Monday
Breakfast**

Assorted Cereal
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Hot Pretzel W/Cheese
Sauce, Yogurt & Fruit
or Sandwich or Salad
of the Day, Home Fries
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Tuesday, July 16

Breakfast

Apple Cinnamon Muffin
W/Butter
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

State Fair Corn Dog or
Sandwich or
Salad of the Day
Green Peas
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Wednesday, July 17

Breakfast

French Toast Sticks
W/Syrup
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Individual Cheese or
Pepperoni Pizzas
or Sandwich or Salad of
the Day, Fresh Veggies & Dip
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Thursday, July 18

Breakfast

WG Bagel W/Cream Cheese
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Spaghetti W/Meat Balls
or Sandwich or
Salad of the Day
Garlic Bread Stick
Steamed Carrots
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Friday, July 19

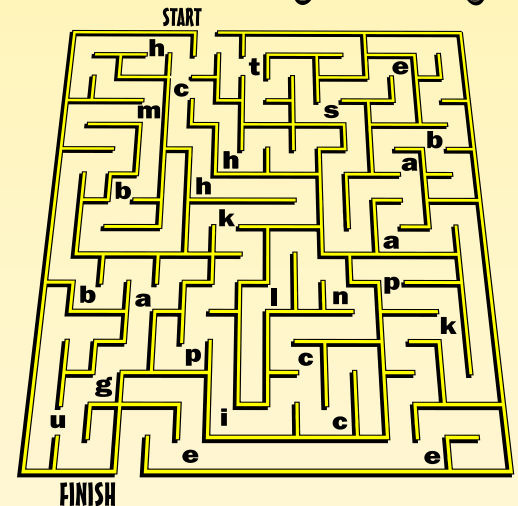
Breakfast

Butterscotch Oatmeal Bar
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Tasty Chicken Strips or
Sandwich or Salad
of the Day, Strawberry
Spinach Salad, Biscuit
Fresh Fruit or Smoothie
Choice of Low Fat Milk

What's the #1
favorite grilled
food in America? To find
out, trace a path through
the maze, collecting letters as
you go. Then, rearrange the
letters you found on the right
path to get the answer!



ANSWER:

SUMMER MEALS! ALL KIDS EAT FREE!

No paperwork necessary. Must be 18 or under for free meals.

**FOR BREAKFAST,
CHOOSE AT LEAST
3 ITEMS
TOTAL**

**FOR LUNCH,
CHOOSE AT LEAST
3 ITEMS
TOTAL
FROM AT LEAST 3
DIFFERENT GROUPS**

**PLEASE ASK IF YOU'RE NOT SURE,
AND PLEASE ENJOY YOUR MEAL!**

**This institution is an
equal opportunity provider.**

**Monday - Friday,
8:00 AM-1:00 PM**

**Please call 802-264-5706 for
more info, or go to
www.csdvt.org**

**Family Members are invited!
Adults (over 18):
\$2.50 Breakfast, \$4.00 Lunch**

Monday, July 22

***Meatless Monday
Breakfast***

Assorted Cereal
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

French Toast Sticks
W/Maple Syrup
Or Sandwich or Salad
of the Day, Home Fries
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Tuesday, July 23

Breakfast

Berry Bread W/Butter
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Hot Dog on a Bun with
Chips Or Sandwich
or Salad of the Day
Niblet Corn
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Wednesday, July 24

Breakfast

Blueberry Bash
Mini Waffles W/Syrup
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Individual Pizza's Choice of
Cheese or Pepperoni
Or Sandwich or Salad of the
Day, Fresh Veggies & Dip
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Thursday, July 25

Breakfast

Cinnamon Roll
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Tasty Ham & Cheese
Sandwich on a Bun or
Salad of the Day
Mixed Veggies
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Friday, July 26

Breakfast

Cereal Bar
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Chicken Nuggets or
Sandwich or
Salad of the Day,
Tater Tots
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Monday, July 29

***Meatless Monday
Breakfast***

Assorted Cereal
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Our Mac & Cheese
Or Sandwich or Salad
of the Day, Bread Stick
Cucumbers & Ranch
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Tuesday, July 30

Breakfast

Blueberry Muffin W/Butter
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Hamburger
Cheeseburger or Veggie
Burger Or Sandwich or
Salad of the Day
Baked Beans
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Wednesday, July 31

Breakfast

Egg McColchester
W/Ham
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Individual Pizza's Choice
of Cheese or Pepperoni
Or Sandwich or Salad of
Day, Fresh Veggies & Dip
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Thursday, August 1

Breakfast

Cinnamon Roll
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Little Italy
Lasagna Rollup
Or Sandwich or Salad
of the Day, Italian Bread
Mixed Veggies
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Friday, August 2

Breakfast

Blueberry Nutri Grain Bar
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Popcorn Chicken Or
Sandwich or
Salad of the Day,
French Fries
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Colchester School District Nutrition & Food Services Summer Meals Program

2019 Summer Meals Sites

**We're here to serve
you and your family
delicious breakfast and
lunch all summer long!
Convenient, healthy,
FREE meals every
summer weekday!**

Colchester Middle School 425 Blakely Road
Malletts Bay School 609 Blakely Road
Porters Point School is 490 Porters Point Road
operating from 7/9-8/1

Monday, August 5

**Meatless Monday
Breakfast**

Assorted Cereal
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Cheese Quesadilla
Or Sandwich or Salad
of the Day
Kale Salad
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Tuesday, August 6

Breakfast

Cinnamon Bread W/Butter
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Breaded Chicken Strips W/
Marinara Sauce for Dipping
Or Sandwich or Salad of the
Day, Italian Bread
Parmesan Green Beans
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Wednesday, August 7

Breakfast

Sausage, Egg & Cheese
Sliders
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Individual Pizza's Choice
of Cheese or Pepperoni
Or Sandwich or Salad of
Day, Fresh Veggies & Dip
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Thursday, August 8

Breakfast

Apple Churro
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Tasty Beef Goulash or
Sandwich or Salad of the
Day, Garlic Bread Stick
Tomato & Cheese Salad
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Friday, August 9

Breakfast

Breakfast Bun
Cheese Stick
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Crispy Chicken Tenders or
Sandwich or
Salad of the Day
Waffle Fries
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Monday, August 12

**Meatless Monday
Breakfast**

Assorted Cereal
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Hot Pretzel W/Cheese
Sauce, Yogurt & Fruit
Or Sandwich or Salad
of the Day, Home Fries
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Tuesday, August 13

Breakfast

Apple Cinnamon Muffin
W/Butter
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

State Fair Corn Dog Or
Sandwich or
Salad of the Day
Cucumbers & Ranch
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Wednesday, August 14

Breakfast

French Toast Sticks
W/Syrup
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Individual Pizza's Choice
of Cheese or Pepperoni
Or Sandwich or Salad of
Day, Fresh Veggies & Dip
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Thursday, August 15

Breakfast

WG Bagel W/Cream
Cheese
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Spaghetti W/Meat Balls Or
Sandwich or Salad
of the Day, Garlic Bread
Stick, Steamed Carrots
Fresh Fruit or Smoothie
Choice of Low Fat Milk

Friday, August 16

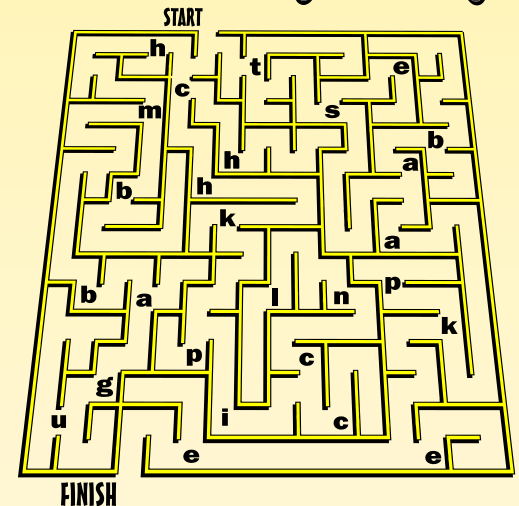
Breakfast

Butterscotch Oatmeal Bar
Fruit/Veggie of the Day
Choice of Low Fat Milk

Lunch

Tasty Chicken Strips or
Sandwich or Salad
of the Day
Tatar Tots
Fresh Fruit or Smoothie
Choice of Low Fat Milk

What's the #1
favorite grilled
food in America? To find
out, trace a path through
the maze, collecting letters as
you go. Then, rearrange the
letters you found on the right
path to get the answer!



ANSWER: