

Barnstable Public Schools
Summer Meals 2022-Lunch
2-Week Rotation
July 5, 2022-August 26, 2022

Lunch Menu



The Abbey Group

**1% White, Skim
and Fat Free
Chocolate Milk
offered Daily**



**Available Daily
Deli Sandwich or
Sunbutter & Jelly
Sandwich**

**Choose 3 of the 5
components for a
reimbursable meal**

**Fruit and Vegetable
Options May vary
due to Availability
of Local Products**

**This Institution is an
equal opportunity
provider
Menus are subject to
change**



Mon.	Tues.	Wed.	Thur.	Fri.
Meatball Sub w/Cheese (2 oz. eq. grain, 2 oz. eq. m/ma) Fresh Carrot Sticks (1/2 cup) Fresh Apple (1/2 cup) Milk (8 oz.)	Beef Nachos w/ Cheese & Salsa (2 oz. eq. m/ma) (2 oz. eq. grain, 1/4 cup r/o) Fresh Cucumber Sticks (1/2 cup) Chilled Peach Cup (1/2 cup) Milk (8 oz.)	BBQ Grilled Chicken Filet w/Cheese (2 oz. eq. m/ma, 2 oz. eq. grain) Steamed Corn (1/2 cup) Fresh Watermelon (1/2 cup) Milk (8 oz.)	Cheeseburger (2 oz. eq. m/ma, 2 oz. eq. grain) Oven Baked French Fries (1/2 cup veg) Baked Beans (1/2 cup veg) Chilled Pear Cup (1/2 cup) Milk (8 oz.)	Cheese or Pepperoni Pizza (2 oz. eq. m/ma, 2oz. eq. grain) Caesar Salad (1/2 cup) Chilled Applesauce Cup (1/2 cup) Milk (8 oz.)
Mon.	Tues.	Wed.	Thur.	Fri.
Grilled Ham & Cheese Sandwich (2 oz. eq. m/ma, 2 oz. eq. grain) Three Bean Salad (1/2 cup) Fresh Apple (1/2 cup) Milk (8 oz.)	Turkey & Cheese on Bun or Sunbutter & Jelly Sandwich w/Cheese (2 oz. eq. m/ma, 2oz. eq. grain) Fresh Cucumber Sticks (1/2 cup) Chilled Strawberry Cup (1/2 cup) Milk (8 oz.)	Oven Baked Chicken Nuggets (2 oz. eq. m/ma, 1 oz. eq. grain) Roasted Potato Wedges (1/2 cup) Steamed Green Peas (1/2 cup) Fresh Watermelon (1/2 cup) Milk (8 oz.)	Corn Dog (2 oz. eq. m/ma, 2 oz. eq. grain, 1/4 cup r/o) Black Bean & Corn Salad (1/2 cup veg) Chilled Pear Cup (1/2 cup) Milk (8 oz.)	Cheese or Pepperoni Pizza (2 oz. eq. m/ma, 2oz. eq. grain) Caesar Salad (1/2 cup) Chilled Applesauce Cup (1/2 cup) Milk (8 oz.)
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