Living Water Ministries 2024 Summer Menu

	Sunday		Monday		Tuesday	
		Breakfast		Breakfast		
		Main Dish:	Pancakes (GF option)	Main Dish:	Scrambled Eggs	
		Side Dish:	Sausage Links & Yogurt	Side Dish:	Cut Potatos & Yogurt	
		Cereal:	Cereal Bar	Cereal:	Cereal Bar	
		Fruit:	Individual Yogurts on Cereal Bar	Fruit:	Individual Yogurts on Cereal Bar	
		11010	marviadar rogares en eerea. Sar	11010	marriada rogaris on cercar sa	
		Lunch		Lunch		
		Main Dish:	Chicken Nuggets (GF nuggets)	Main Dish:	Hoagie Sandwich (Turkey or Ham)	
		Side Dish:	Macaroni & Cheese, Cooked Carrots	Side Dish:	Chicken Noodle Soup, chips	
		Veggie:	Salad Bar	Veggie:	Salad Bar	
		Fruit:	Fresh Fruit on Salad Bar	Fruit:	Fresh Fruit on Salad Bar	
		Beverage:	Kool-Aid/Punch	Beverage:	Kool-Aid/Punch	
linnar		Dinner		Dinner		
Dinner Main Dish:	Chicken Barmesan	Dinner Main Dish	Het Degs (Hummus for vegetarians)	Dinner Main Dish	Tages, black beans and spanish rise	
/lain Disn:	Chicken Parmesan	Main Dish:	Hot Dogs (Hummus for vegetarians)	Main Dish:	Tacos, black beans and spanish rice	
ide:	Long Grain& Wild Rice & Green Beans	Side:	Potato Chips & String Cheese	Side:	Tortilla Chips and Nacho Cheese	
eggie:	Salad Bar	Veggie:	Celery & Carrots	Veggie:	Salad Bar	
ruit:	Fresh Fruit on Salad Bar	Fruit:	Apples & Oranges	Fruit:	Fresh Fruit on Salad Bar	
essert:	Cookies & GF Cookies	Dessert:	S'Mores	Dessert:	Chocolate Pudding	
\		Consider		C l		
Snack		Snack		Snack		
opples & Ora	ngc3	Apples & Ora	anges	Apples & Ora	mges	
	Wednesday		Thursday		Friday	
Breakfast		Breakfast		Breakfast		
	1				English Muffins sandwich (egg,	
∕lain Dish:	French Toast	Main Dish:	Breakfast Burrito	Main Dish:	sausage, cheese)	
ide Dish:	Sausage Links and Yogurt	Side Dish:	Cut Potatos & Yogurt	Side Dish:	Yogurt	
ereal:	Cereal Bar	Cereal:	Cereal Bar	Cereal:	Cereal Bar	
ruit:	Individual Yogurts on Cereal Bar	Fruit:	Individual Yogurts on Cereal Bar	Fruit:	Individual Yogurts on Cereal Bar	
unch		Lunch		Lunch		
Main Dish:	Dullad Dark (CE Duna)	Main Dish:	Chicken Couted Departs Disc	Main Dish:	Chicken Tender and Potato Rounds	
/Idin Disn:	Pulled Pork (GF Buns)	IVIAIN DISN:	Chicken, Sauted Peppers, Rice	Main Disn:	Chicken Tender and Potato Rounds	
ide Dish:	Fruit Cocktail, Broccoli, Potato Salad	Side Dish:		Side Dish:	Left over vegetables & Applesauce	
'eggie:	Salad Bar	Veggie:	Salad Bar	Veggie:	Salad Bar	
ruit:	Fresh Fruit on Salad Bar	Fruit:	Fresh Fruit on Salad Bar	Fruit:	Fresh Fruit on Salad Bar	
everage:	Kool-Aid/Punch	Beverage:	Kool-Aid/Punch	Beverage:	Kool-Aid/Punch	
Dinner		Dinner				
lain Dish:	Turkey	Main Dish:	Spaghetti			
ide:	Mashed Potatos & Corn	Side Dish:	Texas Toast & Broccoli			
	Salad Bar	Veggie:	Salad Bar			
eggie:		Fruit:	Fresh Fruit on Salad Bar			
/eggie: ruit:	Fresh Fruit on Salad Bar					
	Fresh Fruit on Salad Bar Jell-O	Dessert:	Fudge Brownies			
ruit:			Fudge Brownies			
ruit:			Fudge Brownies			