

**Living Water Ministries  
2024 Summer Menu**

Sunday		Monday		Tuesday	
		<b>Breakfast</b>		<b>Breakfast</b>	
		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
		<b>Lunch</b>		<b>Lunch</b>	
		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
<b>Dinner</b>		<b>Dinner</b>		<b>Dinner</b>	
Main Dish:	Chicken Parmesan	Main Dish:	Hot Dogs (Hummus for vegetarians)	Main Dish:	Tacos, black beans and spanish rice
Side:	Long Grain& Wild Rice & Green Beans	Side:	Potato Chips & String Cheese	Side:	Tortilla Chips and Nacho Cheese
Veggie:	Salad Bar	Veggie:	Celery & Carrots	Veggie:	Salad Bar
Fruit:	Fresh Fruit on Salad Bar	Fruit:	Apples & Oranges	Fruit:	Fresh Fruit on Salad Bar
Dessert:	Cookies & GF Cookies	Dessert:	S'Mores	Dessert:	Chocolate Pudding
<b>Snack</b>		<b>Snack</b>		<b>Snack</b>	
Apples & Oranges		Apples & Oranges		Apples & Oranges	
Wednesday		Thursday		Friday	
<b>Breakfast</b>		<b>Breakfast</b>		<b>Breakfast</b>	
Main Dish:	French Toast	Main Dish:	Breakfast Burrito	Main Dish:	English Muffins sandwich (egg, sausage, cheese)
Side Dish:	Sausage Links and Yogurt	Side Dish:	Cut Potatos & Yogurt	Side Dish:	Yogurt
Cereal:	Cereal Bar	Cereal:	Cereal Bar	Cereal:	Cereal Bar
Fruit:	Individual Yogurts on Cereal Bar	Fruit:	Individual Yogurts on Cereal Bar	Fruit:	Individual Yogurts on Cereal Bar
<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>	
Main Dish:	Pulled Pork (GF Buns)	Main Dish:	Chicken, Sauted Peppers, Rice	Main Dish:	Chicken Tender and Potato Rounds
Side Dish:	Fruit Cocktail, Broccoli, Potato Salad	Side Dish:		Side Dish:	Left over vegetables & Applesauce
Veggie:	Salad Bar	Veggie:	Salad Bar	Veggie:	Salad Bar
Fruit:	Fresh Fruit on Salad Bar	Fruit:	Fresh Fruit on Salad Bar	Fruit:	Fresh Fruit on Salad Bar
Beverage:	Kool-Aid/Punch	Beverage:	Kool-Aid/Punch	Beverage:	Kool-Aid/Punch
<b>Dinner</b>		<b>Dinner</b>			
Main Dish:	Turkey	Main Dish:	Spaghetti		
Side:	Mashed Potatos & Corn	Side Dish:	Texas Toast & Broccoli		
Veggie:	Salad Bar	Veggie:	Salad Bar		
Fruit:	Fresh Fruit on Salad Bar	Fruit:	Fresh Fruit on Salad Bar		
Dessert:	Jell-O	Dessert:	Fudge Brownies		
<b>Snack</b>		<b>Snack</b>			
Frozen Treat (Ice Cream)		Apples & Oranges			