

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
Deluxe Chicken Patty On a Whole Wheat Bun With Lettuce and Tomato Macaroni Salad Mixed Fruit	Chicken and Waffle Sandwich Snack Pack Carrots with Dip Fruit Yogurt Banana	Hamburger On a Whole Wheat Bun Cape Cod Chips Cucumbers with Dip Pineapple Pals	Hot Dog On a Whole Wheat Roll Potato Salad Celery Sticks Watermelon	Cheese Pizza Veggies w/ Dip Applesauce Cups



Kids eat **FREE MEALS** this summer starting June 25th until August 24th, 2018. There will be a Kick-Off event at Sarah Jane Park on June 28th. Meals will be served at the following locations from approximately 11:00 am – 1:00 pm Monday – Friday: Cabot Manor, Chicopee High School, Dana Park, Lincoln Grove Park, Ray Ash Park, Rivers Park, Sarah Jane Park, Senecal Meeting House, Szot Park, and Wisniowski Park. For more information call the Valley Opportunity Council at 413-552-1545 ext. 406.

Harvest of the Month: STRAWBERRIES



Strawberry plants are perennials, meaning they grow back every year, but they produce the sweetest fruit in their first few years of growth.

Eat ChicopeeFRESH!

Support your health & the local economy by choosing farm fresh options on the menu. Just look for the "FF" symbol!

Follow our Farm to School Movement at www.chicopeefresh.com or on Instagram & Facebook @ChicopeeFRESH

Local Vendor Spotlight



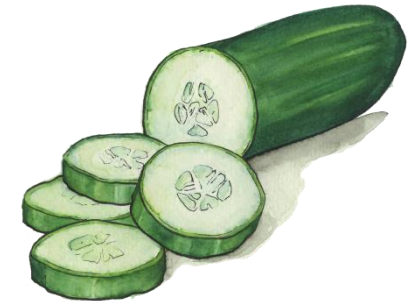
Joe Czajkowski Farms – Hadley, MA
Nothing beats freshly picked local strawberries!

USDA is an equal opportunity provider and employer. Menus may contain allergens. Menus subject to change.

To view our menus online:
<http://chicopeeps.nutrislice.com/>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Glazed French Toast Potato Rounds Sausage Patty Orange Wedges	Cold Cut Grinder Frito Lay Chips Celery & Carrot Sticks w/ Dip Giggle Grapes	Holiday Happy 4 th of July!	Chicken Nuggets Whole Wheat Dinner Roll Snack Pak Carrots with Dip Fruit Yogurt Banana	Mac and Cheese Whole Wheat Dinner Roll Celery Sticks with Dip Applesauce Cups
9	10	11	12	13
Mike's Cheese Bites With Marinara Sauce Snack Pak Carrots with Dip Sliced Peaches	Cold Cut Grinder Celery Sticks with Dip Frito Chips FF Fruit	Pasta with Meat Sauce FF Cucumbers with Dip Whole Wheat Dinner Roll Giggle Grapes	Teriyaki Chicken Dippers With Dinner Roll Garden Salad FF Blueberries	Sal's Cheese Pizza Carrot Sticks with Dip Applesauce Cups
16	17	18	19	20
Deluxe Chicken Patty On a Whole Wheat Bun With Lettuce and Tomato Macaroni Salad Mixed Fruit	Cold Cut Grinder Frito Lay Chips Cherry Tomatoes FF Blueberries	Hamburger On a Whole Wheat Bun Cape Cod Chips Cucumbers with Dip Pineapple Pals	Hot Dog On a Whole Wheat Roll Potato Salad Celery Sticks with Dip Watermelon	Cheese Pizza Veggie's with Dip Applesauce Cups
23	24	25	26	27
Glazed French Toast Potato Rounds Sausage Patty Orange Wedges	Cold Cut Grinder Frito Lay Chips Farm Fresh Cucumbers and Tomatoes FF Fruit	Chicken and Waffle Sandwich Snack Pack Carrots w/ Dip Fruit Yogurt Banana	Mac and Cheese Whole Wheat Dinner Roll Celery Sticks with Dip FF Blueberries	Personal Pizza Carrot Sticks with Dip Applesauce Cups
30	31	1	2	3
Mike's Cheese Bites With Marinara Sauce Snack Pak Carrots with Dip Sliced Peaches	Cold Cut Grinder Frito Lay Chips Celery Sticks with Dip FF Fruit			

Harvest of the Month: CUCUMBER



Cucumbers are a great source of water, making them a refreshing and healthy snack in the summer heat!

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Summer Meals Information:

SITES: Cabot Manor, Chicopee High School, Dana Park, Lincoln Grove, Ray Ash Park, Rivers Park, Sarah Jane Park, Senecal Meeting House, Szot Park, Wisniewski Park

START TIME: Meals start at 10:50 AM, except for Lincoln Grove and Wisniewski, which start at 11:00 AM.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
		Pasta with Meat Sauce Cucumbers with Dip Whole Wheat Dinner Roll Giggle Grapes	Teriyaki Chicken Dippers With Dinner Roll Garden Salad FF Peaches	Sal's Cheese Pizza Carrot Sticks with Dip Applesauce Cups
6	7	8	9	10
Deluxe Chicken Patty On a Whole Wheat Bun With Lettuce and Tomato Macaroni Salad Mixed Fruit	Cold Cut Grinder Cherry Tomatoes Frito Chips Cherry Tomatoes FF Fruit	Hamburger On a Whole Wheat Bun Cape Cod Chips Cucumbers with Dip Pineapple Pals	Hot Dog On a Whole Wheat Roll Potato Salad Celery Sticks FF Plums	Personal Pizza Carrot Sticks with Dip Applesauce Cups
13	14	15	16	17
Glazed French Toast Potato Rounds Sausage Patty Orange Wedges	Cold Cut Grinder Frito Lay Chips Cucumbers and Tomatoes FF Blueberries	Pasta with Meat Sauce Cucumbers with Dip Whole Wheat Dinner Roll Giggle Grapes	Chicken and Waffle Sandwich FF Seasoned Potato Wedges Celery & Carrot Sticks FF Peaches	Cheese Pizza Veggies with Dip Applesauce Cups
20	21	22	23	24
Chicken Patty Sandwich On a Whole Wheat Bun With Lettuce and Tomato Macaroni Salad Mixed Fruit	Cold Cut Grinder Frito Lay Chips Cherry Tomatoes FF Fruit	Hamburger On a Whole Wheat Bun Frito Lay Chips Cucumbers with Dip Pineapple Pals	Hot Dog On a Whole Wheat Roll Cape Cod Chips Potato Salad Celery Sticks FF Plums	Cheese Pizza Veggies with Dip Applesauce Cups

Harvest of the Month: PEACHES



The peach is a member of the **rose family** and is a close relative of almonds.

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