

**MALDEN YMCA**  
**AUGUST 2021 MENU**

*Emily's* Food Services *Emily's* Food Services

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |   |
|---|--|---|---|---|---|
| <p style="text-align: right;">2-Aug</p> <p><b>Breakfast</b><br/>Toasted Oats Cereal,<br/>Fruit</p> <p><b>Lunch</b><br/>Teriyaki Grilled Chicken Strips,<br/>Asian Vegetables,<br/>W.G Brown Rice w/ Peas Fruit</p> <p style="text-align: center;">*Chicken*</p> | <p style="text-align: right;">3-Aug</p> <p><b>Breakfast</b><br/>W.G. Blueberry Muffin,<br/>Fruit</p> <p><b>Lunch</b><br/>Turkey Dinner<br/>Roast Turkey w/ Gravy<br/>Whip Potato,<br/>Whole Wheat Dinner Roll,<br/>Fruit</p> <p style="text-align: center;">*Turkey*</p>                 | <p style="text-align: right;">4-Aug</p> <p><b>Breakfast</b><br/>Corn Flakes Cereal,<br/>Fruit</p> <p><b>Lunch</b><br/>W.G.Chicken Nuggets,<br/>Rice&amp; Beans,<br/>Sliced Carrots<br/>Ketchup,<br/>Fruit</p> <p style="text-align: center;">*Chicken*</p>                      | <p style="text-align: right;">5-Aug</p> <p><b>Breakfast</b><br/>W.G. Cinnamon Raisin Bagel<br/>w/ Cream Cheese,<br/>Fruit</p> <p><b>Lunch</b><br/>W.G.Macaroni &amp; Cheese<br/>Casserole,<br/>Broccoli,<br/>Fruit</p> <p style="text-align: center;">*Meatless*</p>                | <p style="text-align: right;">6-Aug</p> <p><b>Breakfast</b><br/>W.G.Corn Muffin,<br/>Fruit</p> <p><b>Lunch</b><br/>W.G.Spaghetti and Meatballs w/<br/>Tomato Sauce<br/>Italian Green Beans,<br/>Fruit</p> <p style="text-align: center;">*Turkey*</p> |   |
| <p style="text-align: right;">9-Aug</p> <p><b>Breakfast</b><br/>Rice Krispies Cereal,<br/>Fruit</p> <p><b>Lunch</b><br/>Turkey Meatloaf,<br/>Mashed Potatoes,<br/>WW Wheat Dinner Roll,<br/>Fruit</p> <p style="text-align: center;">*Turkey*</p>               | <p style="text-align: right;">10-Aug</p> <p><b>Breakfast</b><br/>W.G.Mini Plain Bagels w/<br/>Cream Cheese,<br/>Fruit</p> <p><b>Lunch</b><br/>Chicken W.G. Ziti Broccoli w/<br/>Alfredo Sauce<br/>California Blend Vegetables<br/>Fruit</p> <p style="text-align: center;">*Chicken*</p> | <p style="text-align: right;">11-Aug</p> <p><b>Breakfast</b><br/>Toasted Oats Cereal,<br/>Fruit</p> <p><b>Lunch</b><br/>W.G.Cheese Tortellini<br/>w/ Tomato Sauce,<br/>Mixed Vegetables,<br/>Fruit</p> <p style="text-align: center;">*Meatless*</p>                            | <p style="text-align: right;">12-Aug</p> <p><b>Breakfast</b><br/>W.G.Apple Cinnamon Muffin,<br/>Fruit</p> <p><b>Lunch</b><br/>BREAKFAST FOR LUNCH<br/>W.G. French Toast w/ Syrup<br/>Turkey Sausage Pattie<br/>Tater Tots<br/>Fruit</p> <p style="text-align: center;">*Turkey*</p> | <p style="text-align: right;">13-Aug</p> <p><b>Breakfast</b><br/>Corn Flakes Cereal,<br/>Fruit</p> <p><b>Lunch</b><br/>BBQ Grilled Chicken<br/>Sweet Potato Puff<br/>Southwest Rice<br/>Fruit</p> <p style="text-align: center;">*Chicken*</p>        |   |
| <p style="text-align: right;">16-Aug</p> <p><b>Breakfast</b><br/>Toasted Oats Cereal,<br/>Fruit</p> <p><b>Lunch</b><br/>W. G.Cheese Ravioli<br/>w/Tomato Sauce<br/>Lima Beans<br/>Fruit</p> <p style="text-align: center;">*Meatless*</p>                       | <p style="text-align: right;">17-Aug</p> <p><b>Breakfast</b><br/>W.G.Corn Muffin,<br/>Fruit</p> <p><b>Lunch</b><br/>Sweet n Sour Meatball,<br/>Quinoa,<br/>Chef Vegetable of The Day,<br/>Fruit</p> <p style="text-align: center;">*Turkey*</p>  | <p style="text-align: right;">18-Aug</p> <p><b>Breakfast</b><br/>Corn Flakes Cereal,<br/>Fruit</p> <p><b>Lunch</b><br/>Chicken Pot Pie<br/>w/ Gravy, Diced Carrots<br/>and Green Peas,<br/>Mash Potato,<br/>Biscuit,<br/>Fruit</p> <p style="text-align: center;">*Chicken*</p> | <p style="text-align: right;">19-Aug</p> <p><b>Breakfast</b><br/>W.G.Blueberry Bagel<br/>w/ Cream Cheese,<br/>Fruit</p> <p><b>Lunch</b><br/>W.G.Chicken Nuggets,<br/>Rice &amp; Beans,<br/>Cut Corn<br/>Ketchup,<br/>Fruit</p> <p style="text-align: center;">*Chicken*</p>         | <p style="text-align: right;">20-Aug</p> <p><b>Breakfast</b><br/>W.G.Banana Muffin,<br/>Fruit</p> <p><b>Lunch</b><br/>W.G.Macaroni &amp; Cheese<br/>Casserole<br/>Broccoli<br/>Fruit</p> <p style="text-align: center;">*Meatless*</p>                |   |
| <p style="text-align: right;">23-Aug</p> <p><b>Breakfast</b><br/>Rice Krispies Cereal,<br/>Fruit</p> <p><b>Lunch</b><br/>W. G.Country Chicken<br/>w/ Gravy<br/>Cut Corn<br/>Biscuit<br/>Fruit</p> <p style="text-align: center;">*Chicken*</p>                  | <p style="text-align: right;">24-Aug</p> <p><b>Breakfast</b><br/>W.G.Mini Plain Bagels w/<br/>Cream Cheese, Fruit</p> <p><b>Lunch</b><br/>Turkey Meatloaf,<br/>Mashed Potatoes,<br/>WW Dinner Roll,<br/>Fruit</p> <p style="text-align: center;">*Turkey*</p>                            | <p style="text-align: right;">25-Aug</p> <p><b>Breakfast</b><br/>Toasted Oats Cereal,<br/>Fruit</p> <p><b>Lunch</b><br/>W.G.Cheese Lasagna<br/>Spinach<br/>Fruit</p> <p style="text-align: center;">*Meatless*</p>  | <p style="text-align: right;">26-Aug</p> <p><b>Breakfast</b><br/>W.G.Blueberry Muffin,<br/>Fruit</p> <p><b>Lunch</b><br/>Arroz Con Pollo,<br/>Mixed Vegetables<br/>Fresh Fruit</p> <p style="text-align: center;">*Chicken*</p>   | <p style="text-align: right;">27-Aug</p> <p><b>Breakfast</b><br/>Corn Flakes Cereal,<br/>Fruit</p> <p><b>Lunch</b><br/>W.G.Spaghetti,<br/>Meatballs &amp;<br/>Italian Green Beans<br/>Fruit</p> <p style="text-align: center;">*Turkey*</p>           |   |
| <p style="text-align: right;">30-Aug</p> <p><b>Breakfast</b><br/>Toasted Oats Cereal,<br/>Fruit</p> <p><b>Lunch</b><br/>Hawaiin Grilled Chicken<br/>Diced Carrots Tropical<br/>W.G Brown Rice<br/>Fruit</p> <p style="text-align: center;">*Chicken*</p>        | <p style="text-align: right;">31-Aug</p> <p><b>Breakfast</b><br/>W.G. Banana Muffin,<br/>Fruit</p> <p><b>Lunch</b><br/>BREAKFAST FOR LUNCH<br/>W.G.French Toast w/ Syrup<br/>Turkey Sausage Pattie<br/>Tater Tots<br/>Fruit</p> <p style="text-align: center;">*Turkey*</p>              |  <p style="font-size: 2em; color: red; font-family: cursive;">August</p>  |   |   | <p style="font-size: 1.5em; color: blue; font-family: cursive;">lazy days<br/>of<br/>SUMMER</p> |

\*\*\*1% UNFLAVORED MILK SERVED WITH ALL MEALS\*\*\* \*Menu is Subject to Change

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