

# JULY LUNCH

## BMS Summer Meals

June 16<sup>th</sup> through August 15<sup>th</sup>, ANY child 18 and younger may have free breakfast and lunch at Biddeford Middle School Mon.-Friday and Rotary Park Teen Center Mon.-Thursday. Free meals also available to children enrolled at Biddeford Park & Rec.  
All sites: Breakfast 8:00-8:30; Lunch 11:30-12:00.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Beef Hot Dog  
on a Roll  
Veggie Sticks  
Fruit Choice

**1**

Breaded Chicken Sandwich  
Veggie Sticks  
Fruit Choice

**2**

Grilled Cheese Sandwich  
Veggie Sticks  
Fruit Choice

**3**

July 4<sup>th</sup> HOLIDAY  
NO MEALS TODAY

**4**

Pizza Day  
Fresh Veggie Sticks  
Fruit Choice

**7**

Cheeseburger on a Bun  
Veggie Sticks  
Fruit Choice

**8**

Breaded Chicken Tenders  
'n Waffles  
Veggie Sticks  
Fruit Choice

**9**

Cheese-filled Bosco Bread  
sticks  
Marinara Dipping Sauce  
Veggie Sticks  
Fruit Choice

**10**

Deli Sandwich Day  
SunChips  
Veggie Sticks  
Fruit Choice

**11**

Pizza Day  
Fresh Veggie Sticks  
Fruit Choice

**14**

Beef Hot Dog  
on a Roll  
Veggie Sticks  
Fruit Choice

**15**

Breaded Chicken Sandwich  
Veggie Sticks  
Fruit Choice

**16**

Grilled Cheese Sandwich  
Veggie Sticks  
Fruit Choice

**17**

Deli Sandwich Day  
SunChips  
Veggie Sticks  
Fruit Choice

**18**

Pizza Day  
Fresh Veggie Sticks  
Fruit Choice

**21**

Cheeseburger on a Bun  
Veggie Sticks  
Fruit Choice

**22**

Breaded Chicken Tenders  
'n Waffles  
Veggie Sticks  
Fruit Choice

**23**

Cheese-filled Bosco Bread  
sticks  
Marinara Dipping Sauce  
Veggie Sticks  
Fruit Choice

**24**

Deli Sandwich Day  
SunChips  
Veggie Sticks  
Fruit Choice

**25**

Pizza Day  
Fresh Veggie Sticks  
Fruit Choice

**28**

Beef Hot Dog  
on a Roll  
Veggie Sticks  
Fruit Choice

**29**

Breaded Chicken Sandwich  
Veggie Sticks  
Fruit Choice

**30**

Grilled Cheese Sandwich  
Veggie Sticks  
Fruit Choice

**31**

BREAKFAST served 8:00-8:30 and may include Muffins, Cocoa Bread, Breakfast Stick, Breakfast Bars, Breakfast Bun or Cereal, and includes 100% Fruit Juice, Fruit Choices and Milk.

Menu may be subject to change.

This institution is an equal opportunity provider.