

**Palm Beach County Food Bank**  
**SUMMER MEALS BREAKFAST**  
**JULY & AUGUST MENU**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES	<b>1</b> Cereal Bowl (1oz) Fresh Fruit (1 piece) Milk 8oz	<b>2</b> Granola Bites (1oz) Fruit Cup (4oz) Milk 8oz	<b>3</b> Cereal Bowl (1oz) Fresh Fruit (1 piece) Milk 8oz	<b>4</b> CLOSED
<b>7</b> Cereal Bowl (1oz) Fresh Fruit (1 piece) Milk 8oz 	<b>8</b> Oatmeal Bar (1oz) Fruit Cup (4oz) Milk 8oz	<b>9</b> Cereal Bowl (1oz) Fresh Fruit (1) Milk 8oz	<b>10</b> Muffin (2oz) Fruit Cup(4oz) Milk 8 oz	<b>11</b> Cereal Bowl (1oz) Fresh Fruit (1) Milk 8oz
<b>14</b> Cereal Bowl (1oz) Fresh Fruit (1) Milk 8oz	<b>15</b> Bagel (2oz) Cream Cheese (1) Fruit Cup (4oz) Milk 8oz	<b>16</b> Cereal Bowl (1oz) Fresh Fruit (1 piece) Milk 8oz	<b>17</b> Muffin (2oz) Fruit Cup(4oz) Milk 8 oz	<b>18</b> Cereal Bowl (1oz) Fresh Fruit (1) Milk 8oz
<b>21</b> Banana Bread (2oz) Fruit Cup (4oz) Milk 8oz	<b>22</b> Cereal Bowl (1oz) Fresh Fruit (1 piece) Milk 8oz	<b>23</b> Granola Bites (1oz) Fruit Cup (4oz) Milk 8oz	<b>24</b> Cereal Bowl (1oz) Fresh Fruit (1 piece) Milk 8oz	<b>25</b> Bagel (2oz) Cream Cheese (1) Fruit Cup (4oz) Milk 8oz
<b>28</b> Cereal Bowl (1oz) Fresh Fruit (1 piece) Milk 8oz 	<b>29</b> Oatmeal Bar (1oz) Fruit Cup (4oz) Milk 8oz	<b>30</b> Cereal Bowl (1oz) Fresh Fruit (1) Milk 8oz	<b>31</b> Muffin (2oz) Fruit Cup(4oz) Milk 8 oz	<b>August 1</b> Cereal Bowl (1oz) Fresh Fruit (1) Milk 8oz  Last day of service 

**Palm Beach County Food Bank**  
**SUMMER MEALS HOT LUNCH**  
**JULY & AUGUST MENU**

**FLIPANY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES	<b>1</b> Breaded Mini Corn Dogs (6) Baked Beans (1/2c) Carrots (1/4c) Ketchup (1) Milk (8oz)	<b>2</b> Beef Hamburger (3oz) Bun (1) Tater Tots (1/2c) Mixed Vegetables (1/4c) Ketchup (1) Milk (8oz)	<b>3</b> Sweet & Sour Chicken (1c) Vegetables in entrée 1/2c carrots, 1/4c peas Brown Rice (1/2c) Milk (8oz)	<b>4</b> CLOSED
<b>7</b> Beefaroni (3/4c) Pasta in entrée (1/2c) Marinara in entrée (1/2c) Green Beans (1/4c) Milk (8oz)	<b>8</b> Breaded Chicken Patty (3oz) Bun (1) Tater Tots (1/2c) Corn (1/4c) Ketchup (1) Milk (8oz)	<b>9</b> Beef, Chicken and/or Turkey Meatballs (4) Roll (1) Mashed Potatoes (1/2c) Peas (1/4c) Milk (8oz)	<b>10</b> Beef Hot Dog (2.66oz) Bun (1) Baked Beans (1/2c) Peas (1/4c) Ketchup/Mustard (1) Milk (8oz)	<b>11</b> Chicken & Bean Chili (1c) Cornbread (1) Beans/Lentils in entree (1/2c) Corn in entree (1/4c) Milk (8oz)
<b>13</b> Beefaroni (3/4c) Pasta in entrée (1/2c) Marinara in entrée (1/2c) Green Beans (1/4c) Milk (8oz)	<b>15</b> Breaded Chicken Tenders (3) Tater Tots (1/2c) Carrots (1/4c) BBQ Sauce (1) Milk (8oz)	<b>16</b> Beef and Cheese Burrito (5oz) Black Beans (1/2c) Corn (1/4c) Milk (8oz)	<b>17</b> Meatloaf (3.15oz) Roll (1) Mashed Potato (1/2c) Mixed Vegetables (1/4c) Margarine (1) Milk (8oz)	<b>18</b> Grilled Chicken (3oz) Bun (1) Baked Beans (1/2c) Peas (1/4c) Honey Mustard (1) Milk (8oz)
<b>21</b> Macaroni and Cheese (3/4c) Pasta in entrée (1/2c) Green Beans (1/2c) Vegetable Blend (1/4c) Milk (8oz)	<b>22</b> Breaded Mini Corn Dogs (6) Baked Beans (1/2c) Carrots (1/4c) Ketchup (1) Milk (8oz)	<b>23</b> Beef Hamburger (3oz) Bun (1) Tater Tots (1/2c) Mixed Vegetables (1/4c) Ketchup (1) Milk (8oz)	<b>24</b> Sweet & Sour Chicken (1c) Vegetables in entrée 1/2c carrots, 1/4c peas Brown Rice (1/2c) Milk (8oz)	<b>25</b> Taco Seasoned Beef (2oz) Rice (1/2c) Seasoned Black Beans (1/2c) Steamed Corn (1/4c) Milk (8oz)
<b>28</b> Beefaroni (3/4c) Pasta in entrée (1/2c) Marinara in entrée (1/2c) Green Beans (1/4c) Milk (8oz)	<b>29</b> Breaded Chicken Patty (3oz) Bun (1) Tater Tots (1/2c) Corn (1/4c) Ketchup (1) Milk (8oz)	<b>30</b> Beef, Chicken and/or Turkey Meatballs (4) Roll (1) Mashed Potatoes (1/2c) Peas (1/4c) Milk (8oz)	<b>31</b> Beef Hot Dog (2.66oz) Bun (1) Baked Beans (1/2c) Peas (1/4c) Ketchup/Mustard (1) Milk (8oz)	<b>August 1</b> Chicken & Bean Chili (1c) Cornbread (1) Beans/Lentils in entree (1/2c) Corn in entree (1/4c) Milk (8oz)  Last day of service



# SNACK CALENDAR

## JULY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
6/30 Ritz w/ Juice	7/1 Honey Buns w/ Juice	7/2 Dorito's w/ Juice	7/3 Oreo's w/ Juice	7/4 CLOSED IN OBSERVANCE OF INDEPENDENCE DAY!
7/7 Cheez it w/ Juice	7/8 Pretzels w/ Juice	7/9 Famous Amos w/ Juice	7/10 Sun Chips w/ Juice	7/11 Healthy Popcorn w/ Juice
7/14 Nutella Sticks w/ Juice	7/15 Metro Deli Salt & Vinegar w/ Juice	7/16 Grandma Cookies (Vanilla) w/ Juice	7/17 Animal Crackers w/ Juice	7/18 Hot Chips w/ Juice
7/21 Sun Chips w/ Juice	7/22 Ruffles Sour Cream and Cheddar w/ Juice	7/23 Mini Muffin's w/ Juice	7/24 Lay's Plain Chips w/ Juice	7/25 Ice Cream w/ Juice
7/28 Cheese Crackers w/ Juice	7/29 Healthy Popcorn w/ Juice	7/30 Chips w/ Juice	7/31 Cookies w/ Juice	8/1 Ice Cream w/ Juice