

SUMMER 2025

MOUNTAIN MIST AM SNACK PACK MENU

Week
1

Monday

Strawberry Poptart
String Cheese
Capri Sun 100% Juice

Tuesday

Banana Bread
Raisins
Capri Sun 100% Juice

Wednesday

Cheez-It's
Applesauce
Capri Sun 100% Juice

Thursday

Cinnamon Bun
Flavored Raisins
Capri Sun 100% Juice

Friday

Choc Chip Muffin
String Cheese
Capri Sun 100% Juice

6/16 - 6/20
6/30 - 7/4
7/14 - 7/18
7/28 - 8/1
8/11 - 8/15

Week
2

Honey Wheat Bar
String Cheese
Capri Sun 100% Juice

Cheddar Chex Mix
Flavored Raisins
Capri Sun 100% Juice

Choc Chip Muffin
Applesauce
Capri Sun 100% Juice

Banana Bread
Flavored Raisins
Capri Sun 100% Juice

Cheez-its
String Cheese
Capri Sun 100% Juice

6/23 - 6/27
7/7 - 7/11
7/21 - 7/25
8/4 - 8/8
8/18 - 8/22

***CLOSED 6/19/25 & 7/4/25**

In accordance with USDA regulations, meal modifications may be available to meet special dietary needs. For more information or translation service options, please call 203-630-4166 and ask to speak to one of our Registered Dietitians to see if your child is eligible.

MILK OFFERED DAILY!

This menu is subject to change based on
food availability

This institution is an equal-opportunity employer.

SUMMER 2025

MOUNTAIN MIST LUNCH MENU

Week
1

Monday

Chicken Patty on a Bun
Cheez-its
Fresh Veggie Cup &
Light Ranch
Fruit Choice
Capri Sun 100% Juice

Tuesday

Taco Tuesday!
Cheesy Beef Nachos
Corn & Salsa
Fruit Choice
Capri Sun 100% Juice

Wednesday

Pasta with Meat Sauce
Broccoli Florets
Fruit Choice
Capri Sun 100% Juice

Thursday

Chicken Nuggets &
Dipping Sauce
Sliced Carrots
Mashed Potatoes
Fruit Choice
Capri Sun 100% Juice

Friday

Cheese Pizza
Fresh Veggie Cup &
Light Ranch
Fruit Choice
100% Juice Slushie

6/16 - 6/20
6/30 - 7/4
7/14 - 7/18
7/28 - 8/1
8/11 - 8/15

Week
2

Hot Dog on a
Bun
Potato Wedges
Green Beans
Fruit Choice
Capri Sun 100% Juice

Taco Tuesday!
Cheesy Beef Nachos
Corn & Salsa
Fruit Choice
Capri Sun 100% Juice

Macaroni & Cheese
Sliced Carrots
Baked Beans
Fruit Choice
Capri Sun 100% Juice

Chicken Nuggets &
Dipping Sauce
Broccoli Florets
Mashed Potatoes
Fruit Choice
Capri Sun 100% Juice

Cheese Pizza
Fresh Veggie Cup &
Light Ranch
Fruit Choice
100% Juice Slushie

6/23 - 6/27
7/7 - 7/11
7/21 - 7/25
8/4 - 8/8
8/18 - 8/22

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