

SUMMER 2026

MOUNTAIN MIST LUNCH MENU

Monday

**Crispy Chicken
Patty on a Bun**
with Cheez-its,
Sliced Carrots,
Fruit Choice, Capri
Sun 100% Juice

Tuesday

**Taco Meat &
Cheese with
Tostitos Scoops**
with Corn, Salsa
Cup, Fruit Choice,
Capri Sun 100%
Juice

Wednesday

Chicken Nuggets
with Fresh Veg
Cup, Light Ranch
Dip, Mashed
Potatoes, Fruit
Choice, Capri Sun
100% Juice

Thursday

**Pasta with Meat
Sauce** with
Broccoli Florets,
Fruit Choice,
Veggie Juice
Slushie

Friday

Cheese Pizza with
Fresh Veg Cup,
Light Ranch Dip,
Fruit Choice, Capri
Sun 100% Juice

WEEK 1:

6/22 - 6/26

7/6 - 7/10

7/20 - 7/24

8/3 - 8/7

8/17 - 8/21

Monday

Hot Dog with
Green Beans
Thick-Cut Potato
Wedges, Fruit
Choice, Capri Sun
100% Juice

Tuesday

**Taco Meat &
Cheese with
Tostitos Scoops**
with Corn, Salsa
Cup, Fruit Choice,
Capri Sun 100%
Juice

Wednesday

Chicken Nuggets
with Fresh Veg
Cup, Light Ranch
Dip, Mashed
Potatoes, Fruit
Choice, Capri Sun
100% Juice

Thursday

Mac & Cheese
with Broccoli
Florets, Baked
Beans, Fruit
Choice, Veggie
Juice Slushie

Friday

Cheese Pizza with
Fresh Veg Cup,
Light Ranch Dip,
Fruit Choice, Capri
Sun 100% Juice

WEEK 2:

6/29 - 7/3

7/13 - 7/17

7/20 - 7/24

7/27 - 7/31

8/10 - 8/14

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.