

SUMMER MEALS! ALL KIDS EAT FREE!

No paperwork necessary. Must be 18 or under for free meals.

**FOR BREAKFAST,
CHOOSE AT LEAST
3 ITEMS
TOTAL**

**FOR LUNCH,
CHOOSE AT LEAST
3 ITEMS
TOTAL
FROM AT LEAST 3
DIFFERENT GROUPS**

**PLEASE ASK IF YOU'RE NOT SURE,
AND PLEASE ENJOY YOUR MEAL!**

**This institution is an
equal opportunity provider.**

**Served at your local parks :
Adamstown, Denver,
Reamstown & Reinholds**

**Please call 717-336-1578
for more info, or go to
www.cocalico.org**

**Lunch is Served Between
12noon and 1 pm.
Student meals must be eaten on site
Adult meals provided by AOL.**

Monday, June 11		Wed., June 13	Thurs. June 14	
	<u>Veggie Cups</u> May include Broccoli Carrot Celery Cucumber Tomato Peppers Pickles	Hamburger Or PB&J Veggie Cup Goldfish Fruit or Juice Milk	Chicken Strips W /wo Dip Or PB&J Veggie Cup Animal Crackers Fruit or Juice Milk	<u>Milk Choice</u> Skim White 1% White Fat Free Chocolate
Monday, June 18		Wed. June 20	Thurs, June 21	
Turkey & Cheese Or PB&J Veggie Cup Teddy Grahams Fruit or Juice Milk	<u>Fruit Choices</u> May Include Apples Applesauce Banana Nectarine Pears Peaches Plums Cantaloupe Watermelon	Berks Hot Dog Or PB&J Veggie Cup Goldfish Fruit or Juice Milk	Mozzarella Sticks W /wo Sauce Or PB&J Veggie Cup Animal Crackers Fruit or Juice Milk	<u>Juice Choice</u> Apple Orange Grape

COCALICO FOOD SERVICE: Acts of Love -Summer Feeding Program

**We're here to serve
you and your family
delicious breakfast and
lunch all summer long!
Convenient, economical,
healthy meals every
summer weekday!**

Monday, June 25

**Ham & Cheese
Or PB&J**

Veggie Cup
Teddy Grahams
Fruit or Juice
Milk

**Veggie Cups
May include**

Broccoli
Carrot
Celery
Cucumber
Tomato
Peppers
Pickles

Wed, June 27

**Chicken Patty
Or PB&J**

Veggie Cup
Goldfish
Fruit or Juice
Milk

Thurs, June 28

**Pizza Pizza!
Or PB&J**

Veggie Cup
Animal Crackers
Fruit or Juice
Milk

Milk Choice

Skim White
1% White
Fat Free
Chocolate

Monday, July 2

**Italian Sub
Or PB&J**

Veggie Cup
Teddy Grahams
Fruit or Juice
Milk

Tuesday July 3

**Cheeseburger
Or PB&J**

Veggie Cup
Goldfish
Fruit or Juice
Mil

Wed, July 4

**Happy
Birthday
USA!**

Thurs, July 5

**Mozzarella Sticks
W /wo Sauce
Or PB&J**

Veggie Cup
Animal Crackers
Fruit or Juice
Milk

Monday, July 9

**Ham & Cheese
Or PB&J**

Veggie Cup
Teddy Grahams
Fruit or Juice
Milk

**Fruit Cups
May Include**

Apples
Applesauce
Banana
Nectarine
Pears
Plums
Cantaloupe
Watermelon

Wed, July 11

**Cheeseburger
Or PB&J**

Veggie Cup
Goldfish
Fruit or Juice
Milk

Thurs, July 12

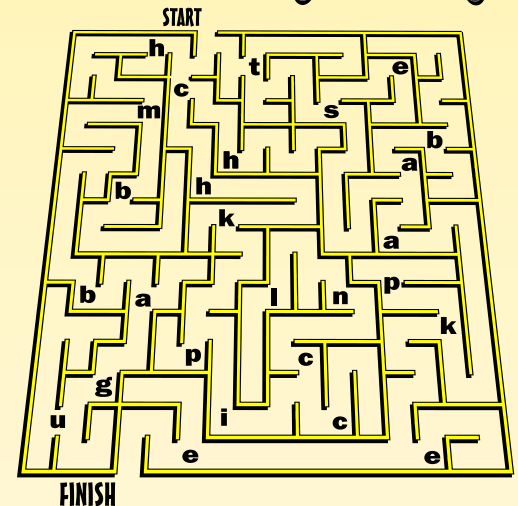
**Chicken Strips
W /wo Dip
Or PB&J**

Veggie Cup
Animal Crackers
Fruit or Juice
Milk

Juice Choice

Apple
Orange
Grape

W hat's the #1
favorite grilled
food in America? To find
out, trace a path through
the maze, collecting letters as
you go. Then, rearrange the
letters you found on the right
path to get the answer!



ANSWER:

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AND PLEASE ENJOY YOUR MEAL!**

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**Monday – Wednesday
& Thursday**

**Please call 717-336-1578 for
more info, or go to
www.cocalico.org**

**Family Members are invited!
Adults (over 18):
\$2.50 Lunch**

Monday, July 16	Tuesday, July 17	Wed., July 18	Thurs. July 19	Friday, July 20
Ham & Cheese Or PB&J Veggie Cup Teddy Grahams Fruit or Juice Milk	<u>Veggie Cups</u> May include Broccoli Carrot Celery Cucumber Tomato Peppers Pickles	Chicken Patty Or PB&J Veggie Cup Goldfish Fruit or Juice Milk	Pizza Pizza! Or PB&J Veggie Cup Animal Crackers Fruit or Juice Milk	<u>Milk Choice</u> Skim White 1% White Fat Free Chocolate
Monday, July 23	Tuesday, July 24	Wed. July 25	Thurs. July 26	Friday, July 27
Turkey & Cheese Or PB&J Veggie Cup Teddy Grahams Fruit or Juice Milk	<u>Fruit Cups</u> May Include Apples Applesauce Banana Nectarine Pears Plums Cantaloupe Watermelo	Berks Hot Dog Or PB&J Veggie Cup Goldfish Fruit or Juice Milk	Mozzarella Sticks W /wo Sauce Or PB&J Veggie Cup Animal Crackers Fruit or Juice Milk	<u>Juice Choice</u> Apple Orange Grape

COCALICO FOOD SERVICE: Summer Feeding Program

Monday, July. 30

**Italian Sub
Or PB&J**

Veggie Cup
Teddy Grahams
Fruit or Juice
Milk

Tuesday, July. 31

**Veggie Cups
May include**

Broccoli
Carrot
Celery
Cucumber
Tomato
Peppers
Pickles

Wed, Aug 1

**Berks Hot Dog
Or PB&J**

Veggie Cup
Goldfish
Fruit or Juice
Milk

Thurs, Aug 2

**Mozzarella Sticks
W /wo Sauce
Or PB&J**

Veggie Cup
Animal Crackers
Fruit or Juice
Milk

Friday, Aug 3

Milk Choice

Skim White
1% White
Fat Free
Chocolate

Monday, Aug 6

Tuesday, Aug 7

**Thank you
for
your Support!**

**We hope you
enjoyed our
Summer
Program!**

Wed, Aug 8

Thurs, Aug 9

Friday, Aug 10

**See you in 11
Days!**

**School Starts
on
August 21st**

Monday, Aug 14

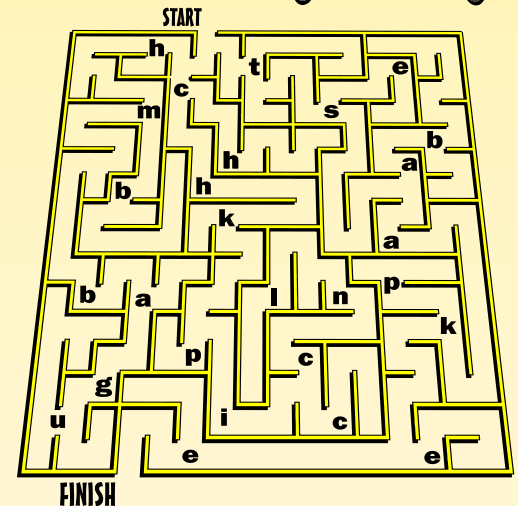
Tuesday, Aug 15

Wed, Aug 16

Thurs, Aug 17

Friday, Aug 18

What's the #1
favorite grilled
food in America? To find
out, trace a path through
the maze, collecting letters as
you go. Then, rearrange the
letters you found on the right
path to get the answer!



ANSWER:

TO: School Nutrition Program Sponsors
FROM: Dianne Dabulis, RD, MPA, LDN
Nutrition Education & School Nutrition Program Supervisor
DATE: May 26, 2016
RE: Summer Meals Outreach and Locator

MESSAGE:

The Healthy Hunger-Free Kids Act of 2010 requires all School Food Authorities (SFAs) to inform families about the availability and location of free meals for students over the summer months through the Summer Food Service Program. This is required even if the SFA is not participating in the Summer Meals Program.

The Local Education Agency (LEA) may fulfill the requirement of notifying the community of locations of summer meal sites, through the methods listed below. This may be accomplished through postings on the School's website, flyers, phone calls, or other methods that inform the community of summer feeding availability. A publication template is attached.

Schools or families can use any of the following methods to locate sites that serve free meals to children during the summer:

- **Call:** 211 or 1.866.3HUNGRY or 1.877.8HAMBRE
- **Text:** "FOOD" or "COMIDA" to 877877
- **Download:** RangeAPP.org mobile app
- **Visit:** fns.usda.gov/summerfood rocks

The Division of Food and Nutrition encourages all SFAs to consider offering Summer Meals. Many times schools may qualify to offer meals through the Summer Food Service Program (SFSP) or the Seamless Summer Option (SSO) and not realize it.

For additional information about the Summer Food Service Program (SFSP), please contact Mary Ringenberg at RA-SFSP@pa.gov or Pam Heimbach at pheimbach@pa.gov.

Attachment

cc: Vonda Cooke
Mary Ringenberg
Debbie Morrow
Pam Heimbach



Free Meals for Children in the Summer

The Summer Food Service Program (SFSP) offers free, nutritious meals to children 18 years and younger during the summer when school is not in session.

SFSP is a federal child nutrition program. There are approximately 2500 locations throughout Pennsylvania that serve breakfast, lunch and /or snacks. Many of the locations provide activities as well.

How to find a SFSP location near you:

- **Call:** 211 or 1.866.3HUNGRY or 1.877.8HAMBRE
- **Text:** "FOOD" or "COMIDA" to 877877
- **Download:** RangeAPP.org mobile app
- **Visit:** fns.usda.gov/summerfoodrocks