


Summer 2025 Free Meals Menu		<b>Westonka</b> FOOD & NUTRITION SERVICES 			
Monday	Tuesday	Wednesday	Thursday	Friday	
7/7/25	7/8/25	7/9/25	7/10/25	7/11/25	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Whole Grain Banana Bread or Cereal	Bacon, Egg, Cheese Bagel or Cereal	WG Muffin & Mozz String Cheese or Cereal	Yogurt Cup & Vanilla Graham Cracker or Cereal	Closed	
½ cup juice	½ cup juice	½ cup juice	½ cup juice		
½ cup fruit	½ cup fruit	½ cup fruit	½ cup fruit		
Lunch	Lunch	Lunch	Lunch	Lunch	
Hot Dog & Chips	Italian Dunker w/ Sauce	Chicken Tenders w/ Garlic Knot	Cheese Tortellini w/ Sauce	Closed	
Apple Slices	Grapes	Pineapple	Fruit Slushie		
Carrots	French Fries	Broccoli	Cucumbers		
7/14/25	7/15/25	7/16/25	7/17/25	7/18/25	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Whole Grain Banana Bread or Cereal	Bacon, Egg, Cheese Bagel or Cereal	WG Muffin & Mozz String Cheese or Cereal	Yogurt Cup & Vanilla Graham Cracker or Cereal	Closed	
½ cup juice	½ cup juice	½ cup juice	½ cup juice		
½ cup fruit	½ cup fruit	½ cup fruit	½ cup fruit		
Lunch	Lunch	Lunch	Lunch	Lunch	
Hamburger (Cheese) & Chips	Individual Pizza	Frito Nachos	Orange Chicken w/ Rice	Closed	
Apple Slices	Grapes	Pineapple	Fruit Slushie		
Carrots	French Fries	Broccoli	Cucumbers		
Meals are free for all kids under 19 years old. 1 entree for breakfast, plus fruit, juice & milk - 1 entree for lunch, plus fruit, veggie, & milk					
Adults can eat breakfast for \$3.10 or Lunch for \$5.50. Menus are Subject to Change					
7/21/25	7/22/25	7/23/25	7/24/25	7/25/25	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	

Whole Grain Banana Bread or Cereal	Bacon, Egg, Cheese Bagel or Cereal	WG Muffin & Mozz String Cheese or Cereal	Yogurt Cup & Vanilla Graham Cracker or Cereal	Closed	
½ cup juice	½ cup juice	½ cup juice	½ cup juice		
½ cup fruit	½ cup fruit	½ cup fruit	½ cup fruit		
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
Chicken Patty Sandwich & Chips	Stuffed Crust Pizza	Walking Tacos	Penne & Meatsauce w/ Breadstick	Closed	
Apple Slices	Grapes	Pineapple	Fruit Slushie		
Carrots	French Fries	Broccoli	Cucumbers		
<b>7/28/25</b>	<b>7/29/25</b>	<b>7/30/25</b>	<b>7/31/25</b>	<b>8/1/25</b>	
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	
Whole Grain Banana Bread or Cereal	Bacon, Egg, Cheese Bagel or Cereal	WG Muffin & Mozz String Cheese or Cereal	Yogurt Cup & Vanilla Graham Cracker or Cereal	Closed	
½ cup juice	½ cup juice	½ cup juice	½ cup juice		
½ cup fruit	½ cup fruit	½ cup fruit	½ cup fruit		
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
Hot Dog & Chips	Italian Dunker w/ Sauce	Chicken Tenders w/ Garlic Knot	Cheese Tortellini w/ Sauce	Closed	
Apple Slices	Grapes	Pineapple	Fruit Slushie		
Carrots	French Fries	Broccoli	Cucumbers		
<b>Meals are free for all kids under 19 years old. 1 entree for breakfast, plus fruit, juice &amp; milk - 1 entree for lunch, plus fruit, veggie, &amp; milk</b>					
<b>Adults can eat breakfast for \$3.10 or Lunch for \$5.50. Menus are Subject to Change</b>					