



MEAL MENU

EAST UNION EMERGENCY FEEDING PROGRAM

DELIVERED MONDAYS

MONDAY
 GRANOLA BAR
 CHEESE STICK
 JUICE & MILK

TUESDAY
 CEREAL, EGG
 JUICE & MILK

HAM SANDWICH
 CHIPS
 CUCUMBERS
 BANANA
 MILK

UNCRUSTABLE
 CRACKERS
 CARROTS
 APPLE
 MILK

DELIVERED WEDNESDAYS

WEDNESDAY
 GRANOLA
 YOGURT
 JUICE & MILK

THURSDAY
 MUFFIN
 SUNFLOWER SEEDS
 JUICE & MILK

TURKEY ROLL-UP
 COOKIE
 GRAPE TOMATOES
 FRUIT CUP
 MILK

NACHO CHEESE
 CHIPS
 SALSA
 RAISELS
 MILK

DELIVERED FRIDAYS

FRIDAY
 BAGEL
 SUNBUTTER
 JUICE & MILK

SATURDAY
 SNACK BREAD
 COTTAGE CHEESE
 JUICE & MILK

COLD CUT COMBO
 CHIPS
 CELERY STICK
 PEAR
 MILK

GRILLED CHEESE SANDWICH
 CRACKERS
 BROCCOLI
 KIWIS
 MILK

IMMUNE BOOSTING TIPS

- GET 7-9 HOURS OF SLEEP
- DRINK AT LEAST 8 CUPS OF WATER A DAY
- MOVE YOUR BODY (STRETCH, DANCE, WALK)
- MINIMIZE DESSERTS & ADDED SUGAR



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER