

Pulaski County Summer Meals for Kids

News Release

Open Sites

Updated 5-26-2015

Pulaski County Public Schools is participating in the Summer Food Service Program. Meals will be provided to all children without charge. Acceptance and participation requirements for the Program and all activities are the same for all regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

Meals will be provided to children through age 2- 18.

Please call the contact number listed if your child (ren) plans on having lunch at any site listed. This program is for children only; no adults will be served.

Meals will be provided at the sites and times as follows:

(Please note ALL meals must be consumed on site.)**

*****ALL SITES ARE CLOSED JULY 3 2015 (ALL SCHOOLS ARE CLOSED)*****

Location	Dates	Meal Time	Weekdays	Contact # for Meals
Meadowview Summer Camp 901 Meadow View Drive Pulaski Va. 24301	June 8 – July 31	Breakfast 8:45-9:30 Lunch 12:00- 12:45	Mon-Wed & Fri	643-0515 or 994-2523
Free Memorial Library 300 Giles Ave. Dublin Va.	June 9 & 18 & 25 July 2 & 9 & 16 & 23 & 28	11:30- 12:30	Dates Listed	643-0377 or 994-2523
YMCA 615 Oakhurst Ave. Pulaski Va. 24301	June 8- July 31	11:30- 12:30	Mon-Fri	643-0515 or 994-2523
Pulaski County High School 5414 Cougar Trail Dublin, VA	June 8 – July 31	Breakfast 7:45-8:45 Lunch 11:30-12:30	Mon-Fri	643-0377 or 994-2523
Pulaski Elementary School 2004 Morehead Lane Pulaski, VA	June 15 - June 26	Breakfast 7:45-8:30 Lunch 11:00-12:30	Mon-Fri	643-0954 or 994-2523
Abundant Life Ministries 3050 Lee Hwy N. Pulaski, VA 24301	July 12 - July 15 No feeding on July 12	Meal: Supper 5:30-6:00	Sun-Wed	643-0377 or 994-2523
Central Gym Camp 143 3 rd street NW, Suite Pulaski, VA 24301	June 15- July 9	11:45- 12:30	Mon & Thurs	643-0377 or 643-0954
Central Gym Camp @ Randolph Park 5100 Alexander Road Dublin Va. 24084	June 15- July 9	11:45- 12:30	Tues & Thurs	643-0377 or 643-0954
Claremont Therapeutic Day Therapy 800 Ridge Ave. Pulaski Va. 24301	June 22- July 30	Breakfast 9:00-9:45 Lunch 11:45- 12:30	Mon-Thurs	643-0954 or 994-2523

If you have questions contact:

School Nutrition Director,
Ethelene W. Sadler
202 N. Washington Avenue
Pulaski, VA 24301
994-2523 or 440-0375
Email: esadler@pcva.us

Elaine East – Summer Meals Coordinator
(540) 643-0836
email: eeast@pcva.us

To file a complaint of discrimination, write or call immediately to:

USDA

**Director, Office of Civil Rights
1400 Independence Avenue, SW
Washington, DC 20250-9410**

(800) 795-3272 or (202) 720-6382 (TDD)

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Pulaski County Summer School Program

JUNE 2015

"Menus are Subject to Change"

8	9	10	11	12
Pepperoni or Cheese Pizza Steamed Carrots Fresh Veggies/Dip Diced Pears Fruit Variety	Hamburger/Bun Lettuce/Tomato Slice Potato Smiles Baked Beans Mixed Fruit Fruit Variety	Grilled Chicken/Bun Shredded Lettuce Green Beans Sweet Potato Puffs Applesauce Cup Fruit Variety	Mini Corndogs Curly Fries Pinto Beans Fresh Strawberry & Blueberry cup or Fruit Variety	Chicken Tenders /w dip Garden Salad/Dressing Steamed Corn Tropical Fruit Fruit Variety Baked Roll
15	16	17 Plain or BBQ	18	19
BBQ Chicken Quesadilla or Cheese Quesadilla Steamed Carrots Fresh Veggies/Dip Diced Pears Fruit Variety	Hamburger/Bun Lettuce/Tomato Slice Potato Smiles Baked Beans Mixed Fruit Fruit Variety	Grilled Chicken/Bun Shredded Lettuce Green Beans Sweet Potato Puffs Applesauce Cup Fruit Variety	Mini Corndogs Curly Fries Pinto Beans Watermelon Cubes or Fruit Variety	Chicken Tenders w/Dip Garden Salad/Dressing Steamed Corn Tropical Fruit Fruit Variety Baked Roll
22	23	24	25	26
Mini Corndogs Curly Fries Pinto Beans Dice Peaches or Fruit Variety	Hamburger/Bun Lettuce/Tomato Slice Potato Smiles Baked Beans Mixed Fruit Fruit Variety	Chicken Tenders w/Dip Garden Salad/Dressing Steamed Corn Tropical Fruit Fruit Variety Baked Roll	Deli Ham & Cheese Sub Baked Cheetos Lettuce & Tomato Baby Carrots/Dip Fresh Grapes Fruit Variety	Pepperoni or Cheese Pizza Green Beans Fresh Veggies Diced Pears Fruit Variety
29	30			
Chicken Tenders /Dip Garden Salad/Dressing Steamed Corn Tropical Fruit Fruit Variety Baked Roll	Mini Corndogs Curly Fries Pinto Beans Banana or Fruit Variety			

Milk available with all meals: 8 ounces -- 1% unflavored or Skim Flavored or Unflavored

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Pulaski County Summer School Program

Pulaski County Summer School Program – June 2015

Students may choose up to 1/2 cup of Fruit and/or Juice for Breakfast

Milk available with all meals: 8 ounces -- 1% unflavored or Skim Flavored or unflavored

8 <u>Choose One</u> Chicken Biscuit or Cereal & Graham Cracker or Trix Yogurt & Cereal <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	9 <u>Choose One</u> Pancakes or Fruit & Yogurt Parfait w/ Granola or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	10 <u>Choose One</u> Sausage Biscuit or Mini Cinnis or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	11 <u>Choose One</u> Breakfast Pizza or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	12 <u>Choose One</u> Egg & Cheese Sandwich or Blueberry Muffin & Cereal or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit
15 <u>Choose One</u> Chicken Biscuit or Cereal & Graham Cracker or Trix Yogurt & Cereal <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	16 <u>Choose One</u> Pancakes or Fruit & Yogurt Parfait w/ Granola or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	17 <u>Choose One</u> Sausage Biscuit or Mini Cinnis or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	18 <u>Choose One</u> Breakfast Pizza or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	19 <u>Choose One</u> Egg & Cheese Sandwich or Blueberry Muffin & Cereal or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit
22 <u>Choose One</u> Chicken Biscuit Cereal & Graham Cracker Trix Yogurt & Cereal <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	23 <u>Choose One</u> Pancakes or Fruit & Yogurt Parfait w/ Granola or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	24 <u>Choose One</u> Sausage Biscuit or Mini Cinnis or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	25 <u>Choose One</u> Breakfast Pizza or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	26 <u>Choose One</u> Egg & Cheese Sandwich or Blueberry Muffin & Cereal or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit
29 <u>Choose One</u> Chicken Biscuit or Cereal & Graham Cracker or Trix Yogurt & Cereal <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	30 <u>Choose One</u> Pancakes or Fruit & Yogurt Parfait w/ Granola or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit			

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JULY 2015

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		1 Hamburger/Bun or Fish Fillet/Bun Lettuce/ Tomato Slice Potato Smiles Baked Beans Mixed Fruit Fruit Variety	2 Grilled Chicken/Bun Shredded Lettuce Green Beans Sweet Potato Puffs Applesauce Cup Fruit Variety	3 NO SCHOOL
6 Pepperoni or Cheese Pizza Steamed Carrots Fresh Veggies/Dip Diced Pears Fruit Variety	7 Hamburger/Bun Lettuce/Tomato Slice Potato Smiles Baked Beans Mixed Fruit Fruit Variety	8 Grilled Chicken/Bun Shredded Lettuce Green Beans Sweet Potato Puffs Applesauce Cup Fruit Variety	9 Mini Corndogs Curly Fries Pinto Beans Orange Wedges or Fruit Variety	10 Chicken Nuggets /w dip Garden Salad/Dressing Steamed Corn Tropical Fruit Fruit Variety Baked Roll
13 Pepperoni or Cheese Pizza Steamed Carrots Fresh Veggies/Dip Diced Pears Fruit Variety	14 Hamburger/Bun Lettuce/Tomato Slice Potato Smiles Baked Beans Mixed Fruit Fruit Variety	15 Plain or BBQ Grilled Chicken/Bun Shredded Lettuce Green Beans Sweet Potato Puffs Applesauce Cup Fruit Variety	16 Mini Corndogs Curly Fries Pinto Beans Watermelon Cubes or Fruit Variety	17 Chicken Tenders w/Dip Garden Salad/Dressing Steamed Corn Tropical Fruit Fruit Variety Baked Roll
20 Mini Corndogs Curly Fries Pinto Beans Dice Peaches or Fruit Variety	21 Hamburger/Bun Lettuce/Tomato Slice Potato Smiles Baked Beans Mixed Fruit Fruit Variety	22 Chicken Tenders w/Dip Garden Salad/Dressing Steamed Corn Tropical Fruit Fruit Variety Baked Roll	23 Deli Ham & Cheese Sub Baked Cheetos Lettuce & Tomato Baby Carrots/Dip Fresh Grapes Fruit Variety	24 Pepperoni or Cheese Pizza Green Beans Fresh Veggies Diced Pears Fruit Variety
27 Chicken Nuggets/Dip Garden Salad/Dressing Steamed Corn Tropical Fruit Fruit Variety Baked Roll	28 Deli Ham & Cheese Sub Baked Cheetos Lettuce & Tomato Baby Carrots w/Dip Applesauce Cup Fruit Variety	29 Hamburger /Bun Lettuce/Tomato Slice Potato Smiles Baked Beans Mixed Fruit Fruit Variety	30 Mini Corndogs Curly Fries Pinto Beans Banana Fruit Variety	31 Pepperoni or Cheese Pizza Steamed Carrots Fresh Veggies/Dip Diced Pears Fruit Variety

Milk available with all meals: 8 ounces -- 1% unflavored or Skim Flavored or Unflavored

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Dulaski County Summer School Program – July 2015

Students may choose up to 1/2 cup of Fruit and/or Juice for Breakfast

Milk available with all meals: 8 ounces -- 1% unflavored or Skim Flavored or unflavored

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		1 <u>Choose One</u> Sausage Biscuit or Mini Cinnis or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and $\frac{1}{2}$ c Fruit	2 <u>Choose One</u> Breakfast Pizza or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and $\frac{1}{2}$ c Fruit	3 <u>NO SCHOOL</u>
6 <u>Choose One</u> Chicken Biscuit or Cereal & Graham Cracker or Trix Yogurt & Cereal <u>Select 1 or 2</u> Servings of Assorted Fruit <u>or 1 serving of 100% Juice</u> and $\frac{1}{2}$ c Fruit	7 <u>Choose One</u> Pancakes or Fruit & Yogurt Parfait w/ Granola or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit <u>or 1 serving of 100% Juice</u> and $\frac{1}{2}$ c Fruit	8 <u>Choose One</u> Sausage Biscuit or Mini Cinnis or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit or 1 serving of 100% Juice and $\frac{1}{2}$ c Fruit	9 <u>Choose One</u> Breakfast Pizza or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit <u>or 1 serving of 100% Juice</u> and $\frac{1}{2}$ c Fruit	10 <u>Choose One</u> Egg & Cheese Sandwich or Blueberry Muffin & Cereal or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit <u>or 1 serving of</u> 100% Juice and $\frac{1}{2}$ c Fruit
13 <u>Choose One</u> Chicken Biscuit or Cereal & Graham Cracker or Trix Yogurt & Cereal <u>Select 1 or 2</u> Servings of Assorted Fruit <u>or 1 serving of 100% Juice</u> and $\frac{1}{2}$ c Fruit	14 <u>Choose One</u> Pancakes or Fruit & Yogurt Parfait w/ Granola or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit <u>or 1 serving of 100% Juice</u> and $\frac{1}{2}$ c Fruit	15 <u>Choose One</u> Sausage Biscuit or Mini Cinnis or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit <u>or 1 serving of 100% Juice</u> and $\frac{1}{2}$ c Fruit	16 <u>Choose One</u> Breakfast Pizza or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit <u>or 1 serving of 100% Juice</u> and $\frac{1}{2}$ c Fruit	17 <u>Choose One</u> Egg & Cheese Sandwich or Blueberry Muffin & Cereal or Cereal & Graham Crackers <u>Select 1 or 2</u> Servings of Assorted Fruit <u>or 1 serving of 100%</u> Juice and $\frac{1}{2}$ c Fruit
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