



FREE SUMMER MEALS

JOIN US FOR LUNCH!

Summertime brings a break from school...

...but the need for good nutrition doesn't take a break!

Bluffton-Harrison MSD is pleased to announce the return of our Summer Meal Program. This Summer we have 4 locations in Bluffton for students 18 and under to receive a free Lunch!

Thanks to a federally funded program, summer meals will be served free to all children 18 years of age and under.

When (Mon-Fri): Beginning June 6, 2018

Ending August 3, 2018

Closed: July 4, 5 & 6th

Locations

Bluffton-Harrison ES

1100 E Spring Street

Bluffton, IN 46714

10:50 am - 12:30 pm

Wells Co. Public Library

200 W Washington Street

Bluffton, IN 46714

10:15am - 12:00 pm

Washington Park @ The Pavilion

310 E Ohio Street

Bluffton, IN 46714

10:00 am - 12:30 pm

Roush Park @ The Splash Pad Pavilion

925 W Silver Street

Bluffton, IN 46714

10:30 am - 12:15 pm

Program Rules:

- Adults cost is \$3.40 for lunch
- Meals must be eaten "on site"
- Leftovers may not be removed from eating area

Summertime is a time to play hard... but it is also a time to remember to eat right. Make sure good nutrition remains a priority all summer long, and students will return to school in the Fall healthy, sharp and ready to learn.

*Menu Subject to Change * This Institute is an equal opportunity provider*



Summer Lunch Program Menu

Wells County Public Library
200 W. Washington Street

Menu Subject to Change

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When: Beginning June 6, 2018

Ending August 3, 2018

Closed: July 4, 5 & 6th

Serving

Time: 10:15-12:00



Monday Parlor <small>(Old Coffee Shop)</small> PB&J Pack	Tuesday- Small Meeting Room <small>(except June 26 In Parlor)</small> Pizza Bagel	Wednesday Small Meeting Room Ham Roll-Up	Thursday Small Meeting Room <small>(except June 7 In Parlor)</small> Tortilla Chips w/ Cheese Dip	Friday Small Meeting Room Turkey Sub
Grape Uncrustable = 1ea 1 M/M/A / 1oz WG Cheese Stick = 1ea 1oz M/M RF Doritos = 1 bag 1.5oz WG Carrot Sticks = 2oz 1/4 C R/O Juice Cup = 1ea 1/2C FR Milk = 1 carton 8oz Milk Carbs = 102g	Bagel = 1ea 2oz WG Marinara Sauce Cup = 1ea 1oz R/O Mozzarella Cheese Cup = 2oz 2oz M/M/A Applesauce Cup = 1ea 1/2C FR Celery Sticks = 4 sticks 1/2 C Other Peanut Butter Cup = 1ea 1oz M/M/A Milk = 1 carton 8oz Milk Carbs = 73g	Ham Slices = 2ea 2oz M/M/A Ranch Dressing Cup = 1ea 8" Tortilla Shell = 1ea 1.5oz WG Shredded Cheddar Cheese = 2oz 2oz M Raisins = 1 box 1/2C F RF Cool Ranch Doritos 1 bag = 1.5oz WG Tomatoes = 1/2Cup 1/2C R/O Milk = 1 carton 8oz Milk Carbs = 109g	Tostito's Chips = 1 bag 1.25oz WG Cheese Cup = 2oz Cup 2oz M/M/A Carrot Sticks = 2oz pkg 1/4 C R/O Juice Cup = 1ea 1/2C FR Milk = 1 carton 8oz Milk Carbs = 73g	WG Sub Bun = 1ea oz WG Turkey Slice = 2ea 2oz M/M/A Cheese Slice = 1ea 1oz M/M/A Broccoli Bites = 1/2Cup 1/2 C DG Peanut Butter Cup = 1ea 1oz M/M/A Juice Cup = 1ea 1/2C FR Ketchup - 1pkt Milk = 1 carton 8oz Milk Carbs = 82g

Abbreviation	Component Name
FR	Fruit
Other	Other Vegetable
WG	Whole Grain
M/M/A	Meat / Meat Alternative
Milk	Milk
R/O	Red/Orange Vegetable
DG	Dark Green Vegetable