

# Free Summer Meals for ALL Kids and Teens

**\* 18 and younger\***



**Watkins Glen**

**WG High School  
in the Cafeteria**

301 12th Street

**July 6 - August 13**

**Monday-Friday**

**Breakfast 7:45 - 8:45 Lunch 11:00 - 12:15**

*Kids' Farmers Market :  
As announced throughout the summer*

**For up-to-date information on summer meals &  
enrichment programs, please call the 2-1-1 HELPLINE  
by dialing 2-1-1 or 1-800-346-2211**

**visit their website: [www.211helpline.org](http://www.211helpline.org)**

**Program sponsored by:  
Watkins Glen Central School District**

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(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or  
(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

**Any Site,  
Any Time!**

- No application
- Drop-ins welcome

**\*\* Meals Must Be \*\*  
Eaten Onsite**

Bringing your child  
to a meal site?

**Questions?**

Call the Watkins Glen  
High School Cafeteria  
**607-535-3214**

**Follow us on Facebook!**

Schuyler County  
Free Summer Meals for Kids

# Sample Menus

## Breakfast

**Selection of cereals and granola bars with fruit selections, including fresh fruit and 100% juice.**

## Lunch

**Selection of sandwiches, salads, yogurts, served with fruit and vegetable selections, including fresh fruit, veggies and 100% juice. All meals are served with milk.**

**For example:**

**String Cheese & Yogurt  
Baby Carrots  
w/ Ranch dressing  
Orange  
Grain  
Milk**

**Sandwich or Wrap  
w/ Meat and Cheese  
Cucumber Slices  
w/ Ranch dressing  
Apple  
Milk**

**Peanut Butter and Jelly  
100% Juice  
Raisins  
Milk**