

# Free Summer Meals for ALL Kids and Teens

**\*18 and younger\***



## Watkins Glen

**WG High School  
in the Cafeteria**

301 12th Street

**June 25 - August 17**

No meals served on July 4th

**Monday-Friday**

Breakfast 7:30 - 8:30

Lunch 11:00 - 12:15

*Kids' Farmers Market every  
Wednesday July 11-25.*

## Odessa

**Hanlon Elementary  
in the Cafeteria**

300 College Avenue

**July 9 - August 17**

**Monday-Friday**

Breakfast 8:30-9:00

Lunch 12:00-1:00

*Kids' Farmers Market every  
Wednesday August 1-15.*

## Montour Falls

**Montour Falls  
Fire Station**

111 Lee Street

**July 9 - August 17**

**Monday-Friday**

Lunch 11:30-12:00

**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)**

**or**

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

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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? Ask us  
about parent meals.

**Questions?**

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

**Like 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

## Snack

Kid friendly choices with various fruits, crackers, peanut butter and sometimes cheese.  
Typically served with tap water.