



Bangor/Brewer Summer Lunch Program

Serving Free Meals and Summer Fun for Community Youth.

Join us Monday through Friday starting June 19th!

Good Shepherd Food Bank is working with partners across the city to serve up fresh prepared meals that are both nutritious and delicious for FREE to children 18 and under.

Have Lunch With Us At Any Of The Following Locations:

Site Name	Address	Days Open	Service Hours	Dates of Operation
Bangor Public Library	145 Harlow St Bangor, ME	M-F	12pm-1pm	June 26-August 25, 2017
Bangor YMCA	17 2nd St Bangor, ME	M-F	Breakfast: 9am-9:30am Lunch: 12pm-12:45pm	June 19-August 25, 2017
Brewer Housing	Rinfret Dr Brewer, ME	M-F	12pm-1pm	June 26-August 25, 2017
Capehart	161 Davis Rd Bangor, ME	M-F	12pm-1pm	June 19-August 25, 2017
Fairmount School	58 13th St Bangor, ME	M-F	Breakfast: 8:30am-9am Lunch: 12pm-1pm	July 3-July 28, 2017
The Rock Church	1195 Ohio St Bangor, ME	M-F	12pm-1pm	June 26-June 30, 2017

Additional Activities:

In addition to FREE lunches that will keep your child healthy and active, the Bangor/Brewer Lunch Sites will also be offering enrichment activities like: **Sports, Nutrition, and More!**



Good Shepherd
FOOD BANK OF MAINE



LUNCH MENU

Bangor/Brewer Summer Food Service Program

Day	Menu Description*
Monday	Kix Cereal with Milk Yogurt Celery with Sunbutter Dip Fresh Fruit
Tuesday	Turkey & Cheese on a Bun Broccoli with Dip Craisins Low Fat Milk
Wednesday	Bologna & Cheese Wrap Celery with Dip Pineapple Low Fat Milk
Thursday	Ham & Cheese on a Bun Carrots with Dip Applesauce Low Fat Milk
Friday	Sunbutter & Jelly Sandwich String Cheese Carrots with Dip Fruit Mix/Low Fat Milk

**Menu is subject to change and substitutions may be made throughout the summer.*

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