



Free! Summer Meals



For All Children Ages 1-18
2022-2023

Meals available Monday-Thursday
Begins June 20th ends August 10th
(No Service July 3rd and 4th)

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| Edgecliff Park 800 S. Park Rd Spokane Valley, WA 99212 | Breakfast - Not Served Lunch 11:00 a.m. - 11:30 a.m. |
| Valley Mission Park 11123 E. Mission Spokane Valley, WA 99206 | Breakfast 9:15 a.m. - 9:45 a.m. Lunch 11:30 a.m. - 12:00 p.m. |
| Terrace View Park 13525 E. 24th Ave Spokane Valley, WA 99216 | Breakfast 9:00 a.m. - 9:30 a.m. Lunch 11:15 a.m. - 11:45 a.m. |
| Valley YMCA 2421 N. Discovery Place Spokane Valley, WA 99216 | Breakfast 8:00 a.m. - 8:45 p.m. Lunch 11:00 a.m. - 11:30 a.m. |

Meals available Monday-Thursday
Begins June 21st ends August 10th
(No Service July 3rd and 4th)

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| East Valley High School 15711 E. Wellesley Spokane Valley, WA 99216 | Breakfast 7:30 a.m. - 8:30 a.m. Lunch 11:00 a.m. - 11:30 a.m. |
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Menu Week 1

| | Monday | Tuesday | Wednesday | Thursday |
|---|--|-------------------------------|---------------------------------------|-------------------------------------|
| Breakfast is served with fruit/juice and milk. | Cereal, Muffin, Yogurt | Cinnamon Roll, Cheese Stick | Ham & Cheese Bagel | Cereal, Fruit & Grain Bar |
| Lunch is served with fruit, vegetables and milk. | Sunbutter & Jelly Sandwich, Fruit Snacks | Turkey & Cheese Hoagie, Chips | Meat & Cheese Slices, Graham Crackers | Chilled Pizza Slice, Crisp Rice Bar |

Menu Week 2

| | Monday | Tuesday | Wednesday | Thursday |
|---|--------------------------------|---|-------------------------------|--------------------------------------|
| Breakfast is served with fruit/juice and milk. | Cereal, Yogurt, Pop-Tart | Bagel, Jelly, Hard Boiled Egg | Pretzel, Cheese Sauce, Yogurt | Cereal Bar, Mini Cinnamon Roll |
| Lunch is served with fruit, vegetables and milk. | Turkey & Cheese Hoagie, Cookie | Meat & Cheese Slices, Goldfish Crackers | Chicken Wrap, Chips | Chilled Pizza Slice, Graham Crackers |

Menu repeats itself.

Please call 509-241-5018 or 509-241-5905 with questions. Thank you.

To Find Additional Summer Meals Sites:

Call 1-866-348-6479 (English) or text "Summer Meals" to 304-304

1-877-842-6273 (Spanish) or text "Comida" to 304-304

www.fns.usda.gov/meals4kids or www.nokidhungry.org/find-free-meals



This institution is an equal opportunity provider.