

Free Summer Meals

Meals available at 12
City of San Diego Parks



**SAN DIEGO PARKS
FOUNDATION**



Free “To Go” meals (breakfast and lunch) are available for daily pick-up

Starts Tuesday, July 14

Monday through Friday Service

Ages 18 and Under (parents can pick up meals without children present)

No registration, income verification or paperwork is required

*Children and adults must wear a face covering during distribution



The Parks and Recreation Department has partnered with Feeding San Diego to offer the summer meals program. Grants from the San Diego Parks Foundation, Albertsons and Nourishing Neighborhoods will also support the summer meals program. Breakfast and lunch are provided during service.

FREE Meals for children 18&Under—children are not required to be present to pick up meals

Visit www.feedingsandiego.com/get-help or call 211 for additional distribution sites

Recreation Center	Address	Site Phone	Service Time	End Date
Cesar Chavez	455 Sycamore Road, 92173	619.424.0464	12:00-1:00	8/14/2020
Encanto	6508 Wunderlin Avenue, 92114	619.527.3411	12:00-1:00	8/28/2020
Golden Hill	2600 Golf Course Drive, 92102	619.235.1138	12:00-1:00	8/28/2020
M.L.King Jr	6401 Skyline Drive, 92114	619.527.3415	12:00-1:00	8/28/2020
Montgomery Waller	3020 Coronado Ave, 92154	619.424.0466	12:00-1:00	8/21/2020
Mountain View	641 South Boundary St, 92113	619.527.3417	12:00-1:00	8/28/2020
Paradise Hills	6610 Potomac St, 92139	619.527.3419	12:00-1:00	8/27/2020
San Ysidro	179 Diza Road, 92173	619.424.0472	12:00-1:00	8/14/2020
Silver Wing	3737 Arey Drive, 92154	619.424.0465	12:00-1:00	8/14/2020
South Bay	1885 Coronado Ave, 92154	619.424.0470	12:00-1:00	7/31/2020
Southcrest	4149 Newton Ave, 92113	619.527.3413	12:30-1:30	8/28/2020
Willie Henderson	1035 S. 45th Street, 92113	619.527.8407	12:00-1:00	8/28/2020

EAT SMART



PLAY HARD

Best Beverage Catering prepares and delivers meals daily. The Menu will rotate periodically.
Week 1 and 2 Menu

- Monday Breakfast:** Overnight oats with bananas and honey; seasonal fruit; low-fat milk
Lunch: Turkey and cream cheese roll up with whole wheat tortilla; carrot and celery Sticks with chickpea hummus; low-fat milk
- Tuesday Breakfast:** Blueberry bagel with cream cheese; seasonal fruit; low-fat milk
Lunch: Grilled chicken pasta salad; cucumber sticks and cherry tomatoes with ranch; seasonal fruit; low-fat milk
- Wednesday Breakfast:** Honey nut cheerios with banana; seasonal fruit; low-fat milk
Lunch: Ham and cheese sandwich on whole wheat; house made potato chips; sliced carrots and cherry tomato with hummus; seasonal fruit; low-fat milk
- Thursday Breakfast:** Low fat yogurt with granola and strawberries; seasonal fruit; low-fat milk
Lunch: Bean, Rice, and Cheese Burrito; garden salad with carrots, cucumber and cherry tomatoes; seasonal fruit; low-fat milk
- Friday Breakfast:** Raisin bran flakes with banana; seasonal fruit; low-fat milk
Lunch: Grilled Chicken Taco Salad with corn, beans, tortilla strips and ranch dressing; seasonal

As a recipient of federal funds, the City of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department by contacting Manuel Gonzalez, District Manager at (619) 525-8286 or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.