


Summer Camp Menu

2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>June 24</p> <p>B- Oatmeal, berries S- cheese, apples L- Turkey Burger, fries, pears, peaches S- Chips and salsa</p>	<p>25</p> <p>B-Eggs, toast, banana S-cucumbers, carrots, dip L- BBQ pulled pork, rice, zucchini, grapes S-Trail mix</p>	<p>26</p> <p>B – Yogurt, berries, granola S- cheese and crackers L- Pasta salad, apples, peas, cherry tomatoes S-carrots, cucumbers, dip</p>	<p>27</p> <p>B- Cereal, oranges S- Apples, dip L- Grilled cheese, tomato soup, broccoli, pears, applesauce S- crackers, cucumbers, cr. cheese</p>	<p>28</p> <p>B- Whole wheat muffin, fruit S- Rice cake, sunbutter, raisins L- Quesadilla, rice, beans, oranges, apples S- Almonds, fruit</p>
<p>July 1</p> <p>B – Cereal, banana S – Strawberry, cr. Cheese, sandwich L- Spaghetti, peas, applesauce, celery S- Trail mix</p>	<p>2</p> <p>B- English Muffin, fruit S- Rice cake, sunbutter, raisins L- Tuna sandwich, fries, grapes, cauliflower S-Cucumbers, carrots, dip</p>	<p>3</p> <p>B- Hashbrowns, eggs, fruit S- Cheese, crackers L- Baked beans, salad, apples, cornbread S- Cottage Cheese, pineapple</p>	<p>4</p> <p>Happy 4th of July!</p> 	<p>5</p> <p>No Summer Camp!</p>
<p>8</p> <p>B- Oatmeal, berries S- cheese, apples L- Turkey Burger, fries, pears, peaches S- Chips and salsa</p>	<p>9</p> <p>B-Eggs, toast, banana S-cucumbers, carrots, dip L- BBQ pulled pork, rice, zucchini, grapes S-Trail mix</p>	<p>10</p> <p>B – Yogurt, berries, granola S- cheese and crackers L- Pasta salad, apples, peas, cherry tomatoes S-carrots, cucumbers, dip</p>	<p>11</p> <p>B- Cereal, oranges S- Apples, dip L- Grilled cheese, tomato soup, broccoli, pears, applesauce S- crackers, cucumbers, cr. cheese</p>	<p>12</p> <p>B- Whole wheat muffin, fruit S- Rice cake, sunbutter, raisins L- Quesadilla, rice, beans, oranges, apples S- Almonds, fruit</p>
<p>15</p> <p>B – Cereal, banana S – Strawberry, cr. Cheese, sandwich L- Spaghetti, peas, applesauce, celery</p>	<p>16</p> <p>B- English Muffin, fruit S- Rice cake, sunbutter, raisins L- Tuna sandwich, fries, grapes, cauliflower</p>	<p>17</p> <p>B- Hashbrowns, eggs, fruit S- Cheese, crackers L- Baked beans, salad, apples, cornbread</p>	<p>18</p> <p>B- Pancakes, berries S- Cheese, apples L- Baked chicken bites, quinoa, red peppers, peas, grapes</p>	<p>19</p> <p>B- Smoothie, almonds S- apples, dip L-Mini-pizza, olives, pineapple, broccoli S – popcorn, raisins</p>

S- Trail mix	S-Cucumbers, carrots, dip	S- Cottage Cheese, pineapple	S- Veggies, hummus	
--------------	---------------------------	------------------------------	--------------------	--

Monday	Tuesday	Wednesday	Thursday	Friday
22 B- Oatmeal, berries S- cheese, apples L- Turkey Burger, fries, pears, peaches S- Chips and salsa	23 B-Eggs, toast, banana S-cucumbers, carrots, dip L- BBQ pulled pork, rice, zucchini, grapes S-Trail mix	24 B – Yogurt, berries, granola S- cheese and crackers L- Pasta salad, apples, peas, cherry tomatoes S-carrots, cucumbers, dip	25 B- Cereal, oranges S- Apples, dip L- Grilled cheese, tomato soup, broccoli, pears, applesauce S- crackers, cucumbers, cr. cheese	26 B- Whole wheat muffin, fruit S- Rice cake, sunbutter, raisins L- Quesadilla, rice, beans, oranges, apples S- Almonds, fruit
29 B – Cereal, banana S – Strawberry, cr. Cheese, sandwich L- Spaghetti, peas, applesauce, celery S- Trail mix	30 B- English Muffin, fruit S- Rice cake, sunbutter, raisins L- Tuna sandwich, fries, grapes, cauliflower S-Cucumbers, carrots, dip	31 B- Hashbrowns, eggs, fruit S- Cheese, crackers L- Baked beans, salad, apples, cornbread S- Cottage Cheese, pineapple	August 1 B- Pancakes, berries S- Cheese, apples L- Baked chicken bites, quinoa, red peppers, peas, grapes S- Veggies, hummus	2 B- Smoothie, almonds S- apples, dip L-Mini-pizza, olives, pineapple, broccoli S – popcorn, raisins
5 B- Oatmeal, berries S- cheese, apples L- Turkey Burger, fries, pears, peaches S- Chips and salsa	6 B-Eggs, toast, banana S-cucumbers, carrots, dip L- BBQ pulled pork, rice, zucchini, grapes S-Trail mix	7 B – Yogurt, berries, granola S- cheese and crackers L- Pasta salad, apples, peas, cherry tomatoes S-carrots, cucumbers, dip	8 B- Cereal, oranges S- Apples, dip L- Grilled cheese, tomato soup, broccoli, pears, applesauce S- crackers, cucumbers, cr. cheese	9 B- Whole wheat muffin, fruit S- Rice cake, sunbutter, raisins L- Quesadilla, rice, beans, oranges, apples S- Almonds, fruit
12	13	14	15	16

B – Cereal, banana S – Strawberry, cr. Cheese, sandwich L- Spaghetti, peas, applesauce, celery S- Trail mix	B- English Muffin, fruit S- Rice cake, sunbutter, raisins L- Tuna sandwich, fries, grapes, cauliflower S-Cucumbers, carrots, dip	B- Hashbrowns, eggs, fruit S- Cheese, crackers L- Baked beans, salad, apples, cornbread S- Cottage Cheese, pineapple	B- Pancakes, berries S- Cheese, apples L- Baked chicken bites, quinoa, red peppers, peas, grapes S- Veggies, hummus	B- Smoothie, almonds S- apples, dip L-Mini-pizza, olives, pineapple, broccoli S – popcorn, raisins
---	--	--	---	--

*All grains are whole grain rich (prepaid) \$5.00 (day of)

*Each meal/snack is served with low-fat, unflavored milk or water

*Lunch - \$4.25 each