

Summer Camp Menu



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	French Toast Bake Potatoes Bacon Fresh Fruit 1% Milk or Sugar Free Juice	Oatmeal Potatoes Sausage Fruit 1% Milk or Sugar Free Juice	Breakfast Hash Eggs Sausage Toast Fruit 1% Milk or Sugar Free Juice	Pancakes Potatoes Sausage Fruit 1% Milk or Sugar Free Juice	Scrambled Eggs Bacon Potatoes Fruit 1% Milk or Sugar Free Juice	Muffins Potatoes Bacon Fruit 1% Milk or Sugar Free Juice	Omelet Bake Sausage Onions & Peppers Cheese Potatoes 1% Milk or Sugar Free Juice
LUNCH	Turkey & Cheese Wraps Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Chicken Alfredo Pasta Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Ham Sandwiches Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Butter Chicken & Rice Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Chicken and black bean burritos Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	White Chicken Chili Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Chicken Tenders & French Fries Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice
DINNER	Baked Chicken Rice Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Beef Tacos Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Spaghetti & Meatballs Garlic Bread Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Cookout: Hamburgers Hot Dogs Pasta Salad Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Curry Chicken Rice Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Pizza (Pepperoni, Sausage, Veggie) Salad Bar Fresh Vegetables Fresh Fruit 1% Milk or Sugar Free Juice	Shepherd's Pie Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice

Summer Camp Menu



WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	French Toast Bake Potatoes Bacon Fresh Fruit 1% Milk or Sugar Free Juice	Oatmeal Potatoes Sausage Fruit 1% Milk or Sugar Free Juice	Breakfast Hash Eggs Sausage Toast Fruit 1% Milk or Sugar Free Juice	Pancakes Potatoes Sausage Fruit 1% Milk or Sugar Free Juice	Scrambled Eggs Bacon Potatoes Fruit 1% Milk or Sugar Free Juice	Muffins Potatoes Bacon Fruit 1% Milk or Sugar Free Juice	Omelet Bake Sausage Onions & Peppers Cheese Potatoes 1% Milk or Sugar Free Juice
LUNCH	Grilled Cheese & Tomato Soup Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Chicken Pasta Salad Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Cheesesteaks Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Turkey Subs Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Chicken Mac & Cheese Bowls Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Chicken Ranch Wraps Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Chicken Tenders & French Fries Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice
DINNER	Teriyaki Chicken Fresh Vegetables Rice Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Meatloaf Mashed Potatoes Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Chicken Parmesan Pasta Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Cookout: BBQ Chicken Breasts Hamburgers Corn on the Cob Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Beef Stir Fry Fresh Vegetables Rice Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Pizza (Pepperoni, Sausage, Veggie) Salad Bar Fresh Vegetables Fresh Fruit 1% Milk or Sugar Free Juice	Roast Chicken Sweet Potatoes Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice

Summer Camp Menu



WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	French Toast Bake Potatoes Bacon Fresh Fruit 1% Milk or Sugar Free Juice	Oatmeal Potatoes Sausage Fruit 1% Milk or Sugar Free Juice	Breakfast Hash Eggs Sausage Toast Fruit 1% Milk or Sugar Free Juice	Pancakes Potatoes Sausage Fruit 1% Milk or Sugar Free Juice	Scrambled Eggs Bacon Potatoes Fruit 1% Milk or Sugar Free Juice	Muffins Potatoes Bacon Fruit 1% Milk or Sugar Free Juice	Omelet Bake Sausage Onions & Peppers Cheese Potatoes 1% Milk or Sugar Free Juice
LUNCH	Cheeseburger Mac Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or "Sugar Free Juice	Pulled BBQ Chicken Sandwiches Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or "Sugar Free Juice	Pasta Primavera Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or "Sugar Free Juice	Ham & Cheese Patty Melt Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or "Sugar Free Juice	Turkey & Cheese Hoagies Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or "Sugar Free Juice	Chicken Fajitas Rice (Onions and Pepper) Fresh Fruit Salad Bar 1% Milk or "Sugar Free Juice	Chicken Tenders & French Fries Fresh Fruit Salad Bar 1% Milk or "Sugar Free Juice
DINNER	Honey Garlic Chicken Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or "Sugar Free Juice	Taco Night (Soft Shell) Spanish Rice Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or "Sugar Free Juice	BBQ Chicken Roasted Potatoes Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Cookout: Cheeseburgers Hot Dogs Baked Beans Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Meatball Subs Pasta Salad Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Pizza (Pepperoni, Sausage,Veggie) Salad Bar Fresh Vegetables Fresh Fruit 1% Milk or Sugar Free Juice	Spaghetti Bake Caesar Salad Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or "Sugar Free Juice

Summer Camp Menu



WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	French Toast Bake Potatoes Bacon Fresh Fruit 1% Milk or Sugar Free Juice	Oatmeal Potatoes Sausage Fruit 1% Milk or Sugar Free Juice	Breakfast Hash Eggs Sausage Toast Fruit 1% Milk or Sugar Free Juice	Pancakes Potatoes Sausage Fruit 1% Milk or Sugar Free Juice	Scrambled Eggs Bacon Potatoes Fruit 1% Milk or Sugar Free Juice	Muffins Potatoes Bacon Fruit 1% Milk or Sugar Free Juice	Omelet Bake Sausage Onions & Peppers Cheese Potatoes 1% Milk or Sugar Free Juice
LUNCH	Turkey Burgers Sweet Potato Fries Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Chicken Quesadillas Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Chicken Stir Fry with Rice Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Italian Subs Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Chicken Salad Wraps Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Mini Turkey Sandwiches Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Chicken Tenders & French Fries Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice
DINNER	Honey BBQ Chicken Rice Pilaf Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Beef Taco Casserole Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Baked Ravioli Garlic Bread Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Cookout: Grilled Chicken Sandwiches Potato Salad Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Lasagna Garlic Bread Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Pizza (Pepperoni, Sausage,Veggie) Salad Bar Fresh Vegetables Fresh Fruit 1% Milk or Sugar Free Juice	Pasta with Meat Sauce Green Salad Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice