

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	Grilled chicken sandwiches Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Beef tacos Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Hot Roast Beef and Cheese Sandwich Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Beef meatloaf Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Mongolian Beef rice bowls Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Ham and Cheese Subs Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Chicken tenders & fries Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice
DINNER	Sloppy Joes Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Turkey Spaghetti Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Beef meatloaf Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Cookout Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Curry Chicken Rice Fresh Vegetables Fresh Fruit Salad Bar 1% Milk or Sugar Free Juice	Chicken stir fry Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Roast chicken Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice

Summer Camp Menu

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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
LUNCH	Chicken fajita bowls Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Salisbury Steak Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Chicken ranch wraps Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Turkey Melts Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice
DINNER	Pasta primavera Fresh vegetables Salad bar Fresh fruit 1% Milk or Sugar Free Juice	Turkey pasta bake Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Beef Stroganoff Fresh vegetables Salad Bar Fresh fruit 1% Milk or Sugar Free Juice	Cookout Fresh vegetables Salad Bar Fresh fruit Salad Bar 1% Milk or Sugar Free Juice