

# LUNCH/SNACK MENU

## June-August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 oz chicken strips 10 ½ cup French fries ½ cup lettuce salad 1 whole grain dinner roll 8 oz milk <i>Snack: 4 oz yogurt/1 oz Teddy Grahams</i>	1 oz ham 11 ½ cup northern beans 1 serving cornbread ½ cup home fries ½ cup fruit cup 8 oz milk <i>Snack: ½ banana/granola bar/milk</i>	¾ cup (6 oz) mac & cheese 12 1 whole wheat pepperoni roll ½ cup broccoli ½ cup fruit cup 8 oz milk <i>Snack: 1 oz cheese stick/1.5 oz pretzels</i>	1 cheeseburger with lettuce/ 13 tomato/dill pickle spear on side ½ cup French fries ½ cup peas 8 oz milk <i>Snack: 1 oz fig newtons (3)/apple sauce cup</i>	<b>NO LUNCH SERVICE</b>
¾ cup (6oz) mac and cheese 17 1 whole wheat pepperoni roll ¼ cup carrot sticks ½ cup fruit cup 8 oz milk <i>Snack: 1.5 oz Goldfish/fruit cup</i>	8 oz Meat Lasagna 18 ½ cup tossed salad 1 apple/1 whole wheat roll 8 oz milk <i>Snack: 1 oz cheese stick/1.5 oz (4) whole wheat Ritz crackers</i>	5 chicken nuggets 19 ½ cup baby baker potatoes ½ cup fruit cup/1 whole wheat roll 8 oz milk <i>Snack: ½ Banana, 1 oz graham crackers</i>	2 oz fish sticks 20 ½ cup waffle fries ¼ cup carrot sticks 1 whole wheat roll 8 oz milk <i>Snack: 1.5 oz Chex/milk</i>	1 cheeseburger with lettuce/ 21 tomato/dill pickle spear on side ½ cup sweet potato fries ½ cup peas/8 oz milk <i>Snack: 1.5 oz animal crackers/fruit cup</i>
2 oz chicken strips 24 ½ cup French fries ½ cup lettuce salad 1 whole grain dinner roll 8 oz milk <i>Snack: 4 oz yogurt/1 oz Teddy Grahams</i>	1 oz ham 25 ½ cup northern beans 1 serving cornbread ½ cup home fries ½ cup fruit cup 8 oz milk <i>Snack: ½ banana/granola bar</i>	¾ cup (6 oz) mac & cheese 26 1 whole wheat pepperoni roll ½ cup broccoli ½ cup fresh orange wedge 8 oz milk <i>Snack: 1 oz cheese stick/1.5 oz pretzels</i>	1 cheeseburger with lettuce/ 27 tomato/dill pickle spear on side ½ cup French fries ½ cup peas 8 oz milk <i>Snack: 1 oz fig newtons (3)/apple sauce cup/milk</i>	2 oz. hot dog with whole 28 wheat bun ½ cup tater tots ¼ cup carrot sticks ½ cup pears 8 oz milk <i>Snack: 2 oz whole grain muffin/milk</i>
¾ cup (6oz) mac and cheese 1 whole wheat pepperoni roll ¼ cup carrot sticks ½ cup fruit cup 8 oz milk <i>Snack: 1.5 oz Goldfish/fruit cup</i>	8 oz Meat Lasagna 2 ½ cup tossed salad 1 apple/1 whole wheat roll 8 oz milk <i>Snack: 1 oz cheese stick/1.5 oz (4) whole wheat Ritz crackers</i>	5 chicken nuggets 3 ½ cup baby baker potatoes ½ cup fruit cup/1 whole wheat roll 8 oz milk <i>Snack: ½ Banana, 1 oz graham crackers</i>	<b>NO LUNCH SERVICE</b> 4  CAMP CLOSED – HAPPY 4 <sup>TH</sup> OF JULY!	<b>NO LUNCH SERVICE</b> 5  CAMP CLOSED
2 oz chicken strips 8 ½ cup French fries ½ cup lettuce salad 1 whole grain dinner roll 8 oz milk <i>Snack: 4 oz yogurt/1 oz Teddy Grahams</i>	1 oz ham 9 ½ cup northern beans 1 serving cornbread ½ cup home fries ½ cup fruit cup 8 oz milk <i>Snack: ½ banana/granola bar</i>	¾ cup (6 oz) mac & cheese 10 1 whole wheat pepperoni roll ½ cup broccoli ½ cup fresh orange wedge 8 oz milk <i>Snack: 1 oz cheese stick/1.5 oz pretzels</i>	1 cheeseburger with lettuce/ 11 tomato/dill pickle spear on side ½ cup French fries ½ cup peas 8 oz milk <i>Snack: 1 oz fig newtons (3)/apple sauce cup/milk</i>	2 oz. hot dog with whole 12 wheat bun ½ cup tater tots ¼ cup carrot sticks ½ cup pears 8 oz milk <i>Snack: 2 oz whole grain muffin/milk</i>
¾ cup (6oz) mac and cheese 15 1 whole wheat pepperoni roll ¼ cup carrot sticks ½ cup fruit cup 8 oz milk <i>Snack: 1.5 oz Goldfish/fruit cup</i>	8 oz Meat Lasagna 16 ½ cup tossed salad 1 apple/1 whole wheat roll 8 oz milk <i>Snack: 1 oz cheese stick/1.5 oz (4) whole wheat Ritz crackers</i>	5 chicken nuggets 17 ½ cup baby baker potatoes ½ cup fruit cup 1 whole wheat roll 8 oz milk <i>Snack: ½ Banana, 1 oz graham crackers</i>	2 oz fish sticks 18 ½ cup waffle fries ¼ cup carrot sticks 1 whole wheat roll 8 oz milk <i>Snack: 1.5 oz Chex/milk</i>	1 cheeseburger with lettuce/ 19 tomato/dill pickle spear on side ½ cup sweet potato fries ½ cup peas 8 oz milk <i>Snack: 1.5 oz animal crackers/fruit cup</i>

2 oz chicken strips ½ cup French fries ½ cup lettuce salad 1 whole grain dinner roll 8 oz milk <i>Snack: 4 oz yogurt/1 oz Teddy Grahams</i>	22	1 oz ham ½ cup northern beans 1 serving cornbread ½ cup home fries ½ cup fruit cup 8 oz milk <i>Snack: ½ banana/granola bar</i>	23	¾ cup (6 oz) mac & cheese 1 whole wheat pepperoni roll ½ cup broccoli ½ cup fruit cup 8 oz milk <i>Snack: 1 oz cheese stick/1.5 oz pretzels</i>	24	1 cheeseburger w. lettuce/ tomato/dill pickle spear on side ½ cup French fries ½ cup peas 8 oz milk <i>Snack: 1 oz fig newtons (3)/apple sauce cup/milk</i>	25	2 oz. hot dog with whole wheat bun ½ cup tater tots ¼ cup carrot sticks ½ cup pears 8 oz milk <i>Snack: 2 oz whole grain muffin/milk</i>	26
¾ cup (6oz) mac and cheese 1 whole wheat pepperoni roll ¼ cup carrot sticks ½ cup fruit cup 8 oz milk <i>Snack: 1.5 oz Goldfish/fruit cup</i>	29	8 oz Meat Lasagna ½ cup tossed salad 1 apple/1 whole wheat roll 8 oz milk <i>Snack: 1 oz cheese stick/1.5 oz (4) whole wheat Ritz crackers</i>	30	5 chicken nuggets ½ cup baby baker potatoes ½ cup fruit cup 1 whole wheat roll/8 oz milk <i>Snack: ½ Banana, 1 oz graham crackers</i>	31	2 oz fish sticks ½ cup waffle fries ¼ cup carrot sticks 1 whole wheat roll 8 oz milk <i>Snack: 1.5 oz Chex/milk</i>	1	1 cheeseburger with lettuce/ tomato/dill pickle spear on side ½ cup sweet potato fries ½ cup peas/8 oz milk <i>Snack: 1.5 oz animal crackers/fruit cup</i>	2

Please schedule a meeting with camp staff to discuss any dietary restrictions. Please provide a doctor's order for any dietary substitutions that include the nature of the food allergy, what happens when the food is ingested and suitable substitutes.