

# Summer Camp 2022 Full Day Menu

**For the Week(s) of: July 4-8 & Aug 1-5**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Shreddies & Applesauce	Yogurt Tube & Raisin Bread	½ Cheese Sandwich on wholewheat bread	Mini Snacking Pita & Fruit	Mini Scone & Fruit
<b>Lunch</b> <i>(includes Fruit)</i>	Baked Fish with Buttery Parmesan Pasta  Edamame & Corn Niblets	BBQ Meatballs with Mashed Potato & Veggies	Chicken Vegetable Noodle Stirfry	Beef Goulash Pasta (with sweet peppers & cheese)	Turkey & Cheese Sandwich on whole wheat bread  Coleslaw
<b>Afternoon Snack</b>	Arrowroot Cookies & Fruit	Rice Cake & Fruit Salsa (frozen berries/diced apple)	Trail Mix & Fruit	Cheese & Crackers	Breadsticks & Creamcheese
<b>Veg Option</b> <i>(includes dairy &amp; eggs)</i>	Buttery Parmesan Pasta	BBQ Veggie Balls with Potato Wedges and Veggies	Vegetable Noodle Stirfry	Vegetarian Goulash Pasta (minced soy)	Cheese Veggie Sandwich on whole wheat bread

**WG = Whole grain, WW = Whole Wheat, MG = Multigrain.**

Fruit = Fruit will vary day to day. Based on availability/seasonality. Fruit provided can be fresh, canned or frozen (always plain or unsweetened). Fruit choices may include apples, pears, oranges, pineapple, cantaloupe, watermelon etc. Assorted veggies = Veggies/veggie sticks vary day to day. Based on availability/seasonality. Veggie provided can be fresh, canned or frozen. Veggie choices may include carrots, celery, bell peppers, cucumbers, cauliflower, broccoli, zucchini etc.

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# Summer Camp 2022 Full Day Menu

**For the Week(s) of: July 11-15 & Aug 8-12**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Multigrain Cheerios & Applesauce	Yogurt Cup & Granola	Cheese & Fruit	Muffin & Fruit	Fruit Flatbread with WOW Butter
<b>Lunch</b> (includes Fruit)	Macaroni & Cheese with Squash	Baked Chicken Nuggets with Steamed Rice, Peas & Corn	Homemade Meatloaf with Mashed Potatoes, Gravy & Veggies	Roasted Chicken with Veggie Rice (sweet peppers)	Cheese Tortellini in Tomato Sauce  Steamed Edamame
<b>Afternoon Snack</b>	Digestive Cookies & Fruit	Nachos & Cucumbers	Veggies with Spinach Dip	Brioche with Creamcheese	Goldfish Crackers & Fruit
<b>Veg Option</b> (includes dairy & eggs)	-	Stewed Beans with Steamed Rice, Peas & Corn	Homemade Blackbean Quinoa Loaf with Mashed Potatoes, Gravy & Veggies	Roasted Tofu with Veggie Rice (sweet peppers)	-

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# Summer Camp 2022 Full Day Menu

**For the Week(s) of: July 18-22 & Aug 15-19**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Shreddies & Applesauce	Yogurt Tube & Raisin Bread	½ Cheese Sandwich on wholewheat bread	Apple Slices with Vanilla Yogurt Dip	Mini Snacking Pita & Fruit
<b>Lunch</b> (includes Fruit)	Chicken Pot Pie Pasta	Honey Garlic Chicken with Rice Pilaf (peas & carrots)	Spaghetti with Meatballs in Tomato Sauce & Veggies	Chicken Vegetable Fried Rice	Cheese & Potato Perogies with Sourcream  Steamed Corn Niblets
<b>Afternoon Snack</b>	Arrowroot Cookies & Fruit	Rice Cake & Fruit Salsa (frozen berries/diced apple)	Trail Mix & Fruit	Mini Scone & Veggies	Breadsticks & Creamcheese
<b>Veg Option</b> (includes dairy & eggs)	Vegetarian Pot Pie Pasta (with white beans)	Honey Garlic Tofu with Rice Pilaf (peas & carrots)	Spaghetti with Veggie Balls in Tomato Sauce & Veggies	Tofu Vegetable Fried Rice	-

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# Summer Camp 2022 Full Day Menu

**For the Week(s) of: July 25-29 & Aug 22-26**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Multigrain Cheerios & Applesauce	Cheese & Fruit	Fruit Flatbread with WOW Butter	Muffin & Fruit	Yogurt Cup & Granola
<b>Lunch</b> (includes Fruit)	Macaroni & Cheese with Squash	Baked Chicken Fingers & Potato Hash Browns with Corn Niblets	Beef Teriyaki with Steamed Rice & Carrots	Italian Chicken with Noodles & Peas	Tuna Sandwich on a whole wheat bun  Cucumber Coins
<b>Afternoon Snack</b>	Digestive Cookies & Fruit	Nachos & Veggie Sticks	Veggies with Spinach Dip	Brioche with Creamcheese	Goldfish Crackers & Fruit
<b>Veg Option</b> (includes dairy & eggs)	-	Baked Veggie Fingers with Potato Wedges & Corn Niblets	Tofu Teriyaki with Steamed Rice & Carrots	Italian Beans with Peas & Noodles	Cheese Veggie Sandwich on a whole wheat bun

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