

Summer Camp 2022 Full Day Menu

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Shreddies & Applesauce	Yogurt Tube & Raisin Bread	½ Cheese Sandwich on wholewheat bread	Apple Slices with Vanilla Yogurt Dip	Mini Snacking Pita & Fruit
Lunch (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 **pending change
Afternoon Snack	Arrowroot Cookies & Fruit	Rice Cake & Fruit Salsa (frozen berries/diced apple)	Trail Mix & Fruit	Mini Scone & Veggies	Breadsticks & Creamcheese
Veg Option (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	-

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.

Please note this menu is subject to change, due to supply challenges. Substitutions will be made for allergies and dietary restrictions.



Summer Camp 2022 Full Day Menu

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Multigrain Cheerios & Applesauce	Cheese & Fruit	Fruit Flatbread with WOW Butter	Muffin & Fruit	Yogurt Cup & Granola
Lunch (includes Fruit)	Macaroni & Cheese with Squash	Baked Chicken Fingers & Potato Hash Browns with Corn Niblets	Beef Ziti with Carrots (lean beef, cheese & tomato sauce)	Italian Chicken with Noodles & Peas	Tuna Sandwich on a whole wheat bun Cucumber Coins
Afternoon Snack	Digestive Cookies & Fruit	Nachos & Veggie Sticks	Veggies with Spinach Dip	Brioche with Creamcheese	Goldfish Crackers & Fruit
Veg Option (includes dairy & eggs)	-	Baked Veggie Fingers with Potato Wedges & Corn Niblets	Vegetarian Ziti with Carrots (minced soy or legumes, cheese & tomato sauce)	Italian Beans with Peas & Noodles	Cheese Veggie Sandwich on a whole wheat bun

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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
Morning Snack	Shreddies & Applesauce	Yogurt Tube & Raisin Bread	½ Cheese Sandwich on wholewheat bread	Mini Snacking Pita & Fruit	Mini Scone & Fruit
Lunch (includes Fruit)	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
Afternoon Snack	Arrowroot Cookies & Fruit	Rice Cake & Fruit Salsa (frozen berries/diced apple)	Trail Mix & Fruit	Cheese & Crackers	Breadsticks & Creamcheese
Veg Option (includes dairy & eggs)	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

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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
Morning Snack	Multigrain Cheerios & Applesauce	Yogurt Cup & Granola	Cheese & Fruit	Muffin & Fruit	Fruit Flatbread with WOW Butter
Lunch (includes Fruit)	Macaroni & Cheese with Squash	Baked Chicken Nuggets with Steamed Rice, Peas & Corn	Beef Stew with Mashed Potatoes, Gravy & Veggies	Roasted Chicken with Veggie Rice (sweet peppers)	Cheese Tortellini in Tomato Sauce Steamed Edamame
Afternoon Snack	Digestive Cookies & Fruit	Nachos & Cucumbers	Veggies with Spinach Dip	Brioche with Creamcheese	Goldfish Crackers & Fruit
Veg Option (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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