



SUMMER CAMP MENU

WEEK ONE

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
AM Snack	Granola Bar	Apple Sauce	Blueberry Muffin	Granola Bar	Apple
Meal	Chicken Teriyaki With Noodles and Steamed Veggies	Perogies With Sour Cream and Corn Nibs	BBQ Meatballs With Mashed Potatoes and Steamed Veggies	Butter Chicken With Rice and Warm Green Peas	Beef Burger With Carrots
Side	Fruit Of The Day	Fruit Of The Day	Fruit Of The Day	Fruit Of The Day	Fruit Of The Day
PM Snack	Chocolate Muffin	Cheese And Crackers	Carrots	Mini Banana Chip Loaves	Popcorn

WEEK TWO

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Am Snack	Granola Bar	Apple Sauce	Blueberry Muffin	Granola Bar	Apple
Meal	Teriyaki Meatballs With Rice and Steamed Veggies	Mac N Cheese Bites With Veggies of the Day	Potstickers with Veggie Rice and Plum Sauce	Cheese Ravioli Tomato Sauce and Veggie of the Day	Chicken Burger and Carrots
Side	Fruit Of The Day	Fruit Of The Day	Fruit Of The Day	Fruit Of The Day	Fruit Of The Day
Pm Snack	Chocolate Muffin	Cheese And Crackers	Carrots	Mini Banana Chip Loaves	Popcorn

WEEK THREE

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
AM Snack	Granola Bar	Apple Sauce	Blueberry Muffin	Granola Bar	Apple
Meal	Chicken Fried Rice With Veggies	Chicken Chunks With Potato Wedges and Steamed Veggies	Creamy Rose Bow Ties and Veggie of the Day	BBQ Meatballs and Mashed Potato and Steam Veggies	Potstickers With Veggie Rice and Plum Sauce
Side	Fruit Of The Day	Fruit Of The Day	Fruit Of The Day	Fruit Of The Day	Fruit Of The Day
PM Snack	Chocolate Muffin	Cheese And Crackers	Carrots	Mini Banana Chip Loaves	Popcorn