

# LUNCH MENU

## Sessions 1, 4, 7

### Monday

All Beef Hot Dog  
Miller's Carrot Sticks w/ Ranch Dressing  
Fresh Fruit  
Capri-Sun/Water

### Tuesday

Penne Pasta & Beef  
Steamed Veggies  
Fresh Fruit  
Capri-Sun/Water

### Wednesday

Chicken, Corn & Cheese Empanada  
Steamed Veggies  
Fresh Fruit  
Capri-Sun/Water

### Thursday

BBQ Chicken Tenders  
Tator Tots Potatos  
Steamed Veggies  
Fresh Fruit  
Capri-Sun/Water

### Friday

Cheese Pizza  
Chopped Garden Salad  
Fresh Fruit  
Capri-Sun/Water

## Session 2, 5, 8

### Monday

Turkey, Cheese, Strawberry Jelly Sandwich  
Carrot Sticks w/ Ranch Dressing  
Fresh Fruit  
Capri-Sun/Water

### Tuesday

Spaghetti & Meatballs  
Steamed Veggies  
Fresh Fruit  
Capri-Sun/Water

### Wednesday

Beef & Cheese Quesadila  
Steamed Veggies  
Fresh Fruit  
Capri-Sun/Water

### Thursday

Teriyaki Chicken Tenders  
Steamed Rice, Steamed Veggies  
Fresh Fruit  
Capri-Sun/Water

### Friday

Cheese Pizza  
Chopped Garden Salad  
Fresh Fruit  
Capri-Sun/Water

## Sessions 3, 6

### Monday

Hawaiian Grilled Ham & Cheese Sandwich  
Carrot Sticks w/ Ranch Dressing  
Fresh Fruit  
Capri-Sun/Water

### Tuesday

Home Made Mac n' Cheese  
Steamed Veggies  
Fresh Fruit  
Capri-Sun/Water

### Wednesday

Cheese Quesdila, Salsa  
Steamed Veggies  
Fresh Fruit  
Capri-Sun/Water

### Thursday

Orange Ginger Chicken  
Steamed Rice, Steamed Veggies  
Fresh Fruit  
Capri-Sun/Water

### Friday

Cheese Pizza  
Chopped Garden Salad  
Fresh Fruit  
Capri-Sun/Water

# SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Morning		
Pretzels	Mandarin Cups	Applesauce	Gronola Bars	Goldfish
		Afternoon		
Chex mix	Bunny Graham	Cheez-it	Belvita	Popcorn

## IMPORTANT NOTES:

\*Only one snack per camper each day

\*Crosscheck Roster Allergies with Snack Ingredients

\*Only give out afternoon snacks to campers that have finished packing up all of their belongings

Morning Snack: Group 3 Counselor bring out snack box, Group 1 Counselor put snack box away

Afternoon Snack: Group 2 Counselor bring out snack box and put it away