EC Camp Menus June 2017 Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate Purple-Breakfast Meat/Meat Alternate



Milk is served with breakfast and with snack.

Wk 1			6/1	6/2
			Whole Wheat English Muffin Half Apricot Halves	French Toast Sticks Applesauce
Tuna Salad Broccoli/Ranch Dressing Diced Peaches Pretzel Bread Sticks	Mini Chicken Sliders Roasted Zucchini Russian Dressing Fresh Orange Wedges	Pizza Bagel Carrot Fries Fresh Strawberries	Spaghetti and Meatballs Seasoned Green Beans Diced Pears	Chicken Drumsticks Sweet Potato Wedges Fresh Banana Challah
Cereal Snack Mix	Diced Peaches	Homemade Oatmeal Cookie	Cantaloupe/Kiwi	Pineapple Cottage Cheese
6/5 Wk 2	6/6	6/7	6/8	6/9
Unsweetened Cereal Diced Peaches	Biscuit Margarine Fresh Cantaloupe Cubes	Unsweetened Cereal Fresh Banana	Whole Grain Bagel/Cream Cheese Mandarin Oranges	Whole Wheat Bread(1) Hard Boiled Egg Mixed Fruit
Cheese Quesadilla/Salsa Corn on the Cob Honeydew Cubes	BBQ Burgers French Fries Applesauce Whl Wht Roll	Mac and Cheese Roasted Whole Green Beans Fresh Strawberries	Smoked Turkey Squares Hummus Fresh Red Grapes Whole Wheat Bread	Chicken Strips/Honey Mustard Roasted Zucchini Sticks Watermelon Cubes Challah
Applesauce/Graham Crackers	Diced Pears	Carrot Fries/Veggie Dip	Pretzels	Yogurt/Granola

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6/12 Wk 3	6/13	6/14	6/15	6/16		
Unsweetened Cereal	Whole Wheat Toast	Unsweetened Cereal	Mini Bagel	Whole Grain Pancake		
Diced Peaches	Sun Butter	Fresh Banana	Tropical Fruit	w/Strawberry Topping		
	Pineapple Tidbits					
Cheese Pizza	Taco Tuesday	Cheese Cubes	Hamburger/Whl Wht	Hot Turkey/Gravy		
Cucumber Slices	Seasoned Taco Meat	Pasta Salad*	Roll	Mashed Potatoes		
Creamy Italian	Shredded	Fresh Red Grapes	Three Bean Bake	Diced Peaches		
Dressing	Lettuce/Tomatoes/Salsa	_	Pineapple	Challah		
Fresh Apple Wedges	Flour Tortilla		Tidbits/Mandarin			
	Fresh Orange Wedges		Oranges			
Fresh Honeydew/Kiwi	Soft Pretzel Bites/Honey	Hummus/Whl Wheat	Fresh Pear	String Cheese		
_	Mustard	Cracker				
6/19 Wk 1	6/20	6/21	6/22	6/23		
Unsweetened Cereal	Scrambled Eggs	Unsweetened Cereal	Whole Wheat English	French Toast Sticks		
Diced Pears	Whl Wht Bread	Fresh Banana	Muffin Half	Applesauce		
	Fresh Red Grapes		Apricot Halves			
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Tuna Salad	Mini Chicken Sliders	Pizza Bagel	Spaghetti and	Chicken Drumsticks		
Tuna Salad Broccoli/Ranch		Pizza Bagel Carrot Fries		Chicken Drumsticks Sweet Potato Wedges		
	Mini Chicken Sliders Roasted Zucchini		Spaghetti and			
Broccoli/Ranch	Mini Chicken Sliders Roasted Zucchini Russian Dressing	Carrot Fries	Spaghetti and Meatballs	Sweet Potato Wedges		
Broccoli/Ranch Dressing	Mini Chicken Sliders Roasted Zucchini	Carrot Fries	Spaghetti and Meatballs Seasoned Green Beans	Sweet Potato Wedges Fresh Banana		
Broccoli/Ranch Dressing Diced Peaches Pretzel Bread Sticks	Mini Chicken Sliders Roasted Zucchini Russian Dressing Fresh Orange Wedges	Carrot Fries Fresh Strawberries	Spaghetti and Meatballs Seasoned Green Beans Diced Pears	Sweet Potato Wedges Fresh Banana Challah		
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6/27	6/28	6/29	6/30
Biscuit	Unsweetened Cereal	Whole Grain	Whole Wheat Bread(1)
	Fresh Banana		Hard Boiled Egg Mixed Fruit
Tresh Cantaloupe Cubes		Wandariii Oranges	Wiixed Fruit
BBQ Burgers	Mac and Cheese	Smoked Turkey	Chicken Strips/Honey
French Fries	Roasted Whole Green	Squares	Mustard
			Roasted Zucchini
Whl Wht Roll	Fresh Strawberries	_	Sticks
		Whole Wheat Bread	Watermelon Cubes Challah
Diced Pears	Carrot Fries/Veggie Dip	Pretzels	Yogurt/Granola
	Biscuit Margarine Fresh Cantaloupe Cubes BBQ Burgers French Fries Applesauce Whl Wht Roll	Biscuit Margarine Fresh Cantaloupe Cubes BBQ Burgers French Fries Applesauce Whl Wht Roll Unsweetened Cereal Fresh Banana Mac and Cheese Roasted Whole Green Beans Fresh Strawberries	Biscuit Margarine Fresh Cantaloupe Cubes Mac and Cheese French Fries Applesauce Whole Grain Bagel/Cream Cheese Mandarin Oranges Smoked Turkey Squares Hummus Fresh Red Grapes Whole Wheat Bread

^{*}Pasta Salad-rotini, halved grape tomatoes, frozen peas, diced carrots, Italian dressing