

# Early Childhood Camp Menus July 2016



Monday	Tuesday	Wednesday	Thursday	Friday
Wk 2				7/1
				Cinnamon Raisin Bagel Diced Pears
				Chicken Drumstick Potato Wedges Tropical Fruit Apple Juice Challah
				String Cheese
7/4	7/5	7/6	7/7	7/8
Wk. 3 4 <sup>th</sup> of July EC Closed	Fresh Baked Biscuit Fresh Orange Wedges	Cereal Banana Half	English Muffin Half Pineapple Tidbits	Pancake Cinnamon Apple Slices
	<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Pineapple Tidbits Apple Juice	Pizza Bagel Baby Carrots/ Russian Dressing Diced Pears Orange Juice	Homemade Turkey Burger on Slider Bun Corn on Cob Watermelon Apple Juice	Homemade Chicken Nuggets/Honey Mustard Sauce Green Beans Mandarin Oranges Challah Orange Juice
	Pimiento Cheese/Celery Sticks	Tropical Fruit/Cake Square	Diced Peaches	Cantaloupe Cubes

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>7/11</b> <b>Wk. 1</b>	<b>7/12</b>	<b>7/13</b>	<b>7/14</b>	<b>7/15</b>
<b>Cereal</b> <b>Fresh Strawberries</b>	<b>French Toast Sticks</b> <b>Pineapple Tidbits</b>	<b>Cereal</b> <b>Banana Half</b>	<b>Whole Wheat Toast</b> <b>Fresh Apple Wedges</b>	<b>Bagel/Cream Cheese</b> <b>Apricot Halves</b>
<b>Pizza Pasta</b> <b>Green Beans</b> <b>Diced Pears</b> <b>Apple Juice</b>	<b>Deli Turkey on Whole</b> <b>Wheat Bread</b> <b>Red Potato Salad</b> <b>Tropical Fruit</b> <b>Orange Juice</b>	<b>Hard Boiled Egg</b> <b>Cheese Squares</b> <b>Wheat Crackers</b> <b>Red Pepper</b> <b>Strips/Honey Mustard</b> <b>Fresh Red Grapes</b> <b>Pineapple Juice</b>	<b>Teriyaki Chicken</b> <b>Strips</b> <b>Fried Rice</b> <b>Peas &amp; Carrots</b> <b>Pineapple Tidbits</b> <b>Apple Juice</b>	<b>Homemade BBQ</b> <b>Meatballs</b> <b>Corn</b> <b>Diced Peaches</b> <b>Challah</b> <b>Orange Juice</b>
<b>Graham</b> <b>Cracker/Applesauce</b>	<b>Fresh Orange Wedges</b>	<b>Peach Crisp</b>	<b>Honeydew Cubes</b>	<b>Vanilla Yogurt/Fruit</b> <b>Granola</b>
<b>7/18</b> <b>Wk. 2</b>	<b>7/19</b>	<b>7/20</b>	<b>7/21</b>	<b>7/22</b>
<b>Cereal</b> <b>Diced Peaches</b>	<b>Blueberry Muffin</b> <b>Mixed Fruit</b>	<b>Cereal</b> <b>Banana Half</b>	<b>Waffle</b> <b>Applesauce</b>	<b>Cinnamon Raisin</b> <b>Bagel</b> <b>Diced Pears</b>
<b>Mexican Veggie Pizza</b> <b>Green Salad w/Ranch</b> <b>Dressing</b> <b>Fresh Plum</b> <b>Apple Juice</b>	<b>Hamburger/Slider</b> <b>Bun</b> <b>Tater Tots</b> <b>Watermelon</b> <b>Orange Juice</b>	<b>Cheese Quesadilla</b> <b>Salsa</b> <b>Honeydew</b> <b>Pineapple Tidbits</b> <b>Apple Juice</b>	<b>Turkey Slices</b> <b>Pita Bread</b> <b>Hummus</b> <b>Fresh Strawberries &amp;</b> <b>Kiwi</b> <b>Orange Juice</b>	<b>Chicken Drumstick</b> <b>Potato Wedges</b> <b>Tropical Fruit</b> <b>Apple Juice</b> <b>Challah</b>
<b>Soft Pretzel Bites Honey</b> <b>Mustard Sauce</b>	<b>Cereal Snack Mix</b>	<b>Bagel Half/Jelly</b>	<b>Peaches/</b> <b>Vanilla Pudding</b>	<b>String Cheese</b>

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<b>7/25</b> <b>Wk 3</b>	<b>7/26</b>	<b>7/27</b>	<b>7/28</b>	<b>7/29</b>
<b>Cereal Tropical Fruit</b>	<b>Fresh Baked Biscuit Fresh Orange Wedges</b>	<b>Cereal Banana Half</b>	<b>English Muffin Half Pineapple Tidbits</b>	<b>Pancake Cinnamon Apple Slices</b>
<b>Tuna Salad Broccoli/Ranch Dressing Pretzel Bread Sticks Fresh Strawberries Pineapple Juice</b>	<b><u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Pineapple Tidbits Apple Juice</b>	<b>Pizza Bagel Baby Carrots/ Russian Dressing Diced Pears Orange Juice</b>	<b>Homemade Turkey Burger on Slider Bun Corn on Cob Watermelon Apple Juice</b>	<b>Homemade Chicken Nuggets/Honey Mustard Sauce Green Beans Mandarin Oranges Challah Orange Juice</b>
<b>Fresh Apple Wedges</b>	<b>Pimiento Cheese/Celery Sticks</b>	<b>Tropical Fruit/Cake Square</b>	<b>Diced Peaches</b>	<b>Cantaloupe Cubes</b>
<b>Fresh Apple Wedges</b>	<b>Pimiento Cheese/Celery Sticks</b>	<b>Tropical Fruit/Cake Square</b>	<b>Diced Peaches</b>	<b>Cantaloupe Cubes</b>