

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 Diced Peaches	Whole Wheat Toast Sun Butter Pineapple Tidbits	Unsweetened Cereal Fresh Banana	Mini Bagel Tropical Fruit	Whole Grain Pancake w/Strawberry Topping	
Cheese Pizza Cucumber Slices Creamy Italian Dressing Fresh Apple Wedges	Taco Tuesday Seasoned Taco Meat Shredded Lettuce/Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges	Cheese Cubes Pasta Salad* Fresh Red Grapes	Hamburger/Whl Wht Roll Three Bean Bake Pineapple Tidbits/Mandarin Oranges	Hot Turkey/Gravy Mashed Potatoes Diced Peaches Challah	
Fresh Honeydew/Kiwi	Soft Pretzel Bites/Honey Mustard	Hummus/Whl Wheat Cracker	Fresh Pear	String Cheese	
6/19	Wk 1	6/20	6/21	6/22	6/23
Unsweetened Cereal Diced Pears	Scrambled Eggs Whl Wht Bread Fresh Red Grapes	Unsweetened Cereal Fresh Banana	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	

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Milk is served with breakfast and with snack.

6/26	Wk 2	6/27	6/28	6/29	6/30
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

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