

EC Camp Menus August 2018

Red-Fresh Fruit **Blue-Fresh Vegetables** **Green-Snack Meat/Meat Alternate**
Purple-Breakfast Meat/Meat Alternate **Brown-Whole Grain Food**



Milk is served with breakfast and with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1		8/1	8/2	8/3
Unsweetened Cereal Diced Peaches	Whole Wheat English Muffin Half/Sun Butter Mixed Fruit	Oat Granola Banana	Blueberry Bagel Half Fresh Orange Wedges	Whole Grain Pancake Strawberries
Cheese Quesadilla/Salsa Corn on the Cob Tropical Fruit	Chicken Salad Apple Wedges Red Grapes Crackers	Pizza Bagel Broccoli/Ranch Watermelon	Mac & Meatballs Seasoned Green Beans Diced Pears	Chicken Drumsticks Roasted Potato Bites CranApplesauce Challah
Scooby Snack	Carrot Fries/Taco Dip	Soft Pretzel Bites	Honeydew	Tropical Fruit/Cheese Squares
8/6 Wk 2	8/7	8/8	8/9	8/10
Professional Development EC Closed	Professional Development EC Closed	Professional Development EC Closed	Whole Grain Biscuit Diced Peaches	Belgian Waffle Cantaloupe
			Deli Turkey Squares Hummus Red Pepper & Zucchini Strips Pita Wedges	Chicken Drumsticks Sweet Potato Wedges Applesauce Challah
			Watermelon	Oat Granola

EC Camp Menus August 2018

Red-Fresh Fruit **Blue-Fresh Vegetables** **Green-Snack Meat/Meat Alternate**
Purple-Breakfast Meat/Meat Alternate **Brown-Whole Grain Food**



Milk is served with breakfast and with snack.

8/13	Wk 3	8/14	8/15	8/16	8/17
Unsweetened Cereal Mixed Fruit	Cinnamon Wheat Toast Apricot Halves	Unsweetened Cereal Banana	Whole Grain Bagel Half/Cream Cheese Tropical Fruit	Yogurt Strawberries Granola	
Mexican Scramble Broccoli w/Salsa Dip Orange Wedges Corn Muffin	Strawberry Chicken Salad Mini Pretzel Bread Sticks	Cheese Pizza Zucchini & Cherry Tomatoes/Italian Dressing Mandarin Oranges/Red Grapes	Hamburger/Whole Wheat Roll French Fries Diced Peaches	Homemade Seasoned Chicken Strips Honey Glazed Carrots Watermelon Cubes Challah	
Fresh Honeydew	Cereal Snack Mix	Apple Wedges/Sun Butter	Fresh Pear	Graham Crackers	
8/20	Wk 1	8/21	8/22	8/23	8/24
Unsweetened Cereal Diced Peaches	Whole Wheat English Muffin Half/Sun Butter Mixed Fruit	Oat Granola Banana	Blueberry Bagel Half Fresh Orange Wedges	Whole Grain Pancake Strawberries	
Cheese Quesadilla/Salsa Corn on the Cob Tropical Fruit	Chicken Salad Apple Wedges Red Grapes Crackers	Pizza Bagel Broccoli/Ranch Watermelon	Mac & Meatballs Seasoned Green Beans Diced Pears	Chicken Drumsticks Roasted Potato Bites CranApplesauce Challah	
Scooby Snack	Carrot Fries/Taco Dip	Soft Pretzel Bites	Honeydew	Tropical Fruit/Cheese Squares	

EC Camp Menus August 2018

Red-Fresh Fruit **Blue-Fresh Vegetables** **Green-Snack Meat/Meat Alternate**
Purple-Breakfast Meat/Meat Alternate **Brown-Whole Grain Food**



Milk is served with breakfast and with snack.

8/27 Wk 2	8/28	8/29	8/30	8/31
Unsweetened Cereal Mixed Fruit	Whole Wheat Toast Scrambled Eggs Honeydew	Unsweetened Cereal Banana	Whole Grain Biscuit Diced Peaches	Belgian Waffle Cantaloupe
Tuna Salad Pasta Salad* Strawberries	Seasoned Taco Meat Lettuce/Tomatoes/Salsa Flour Tortilla Orange Wedges	Toasted Cheese on Whole Wheat Bread French Fries Fresh Grapes	Deli Turkey Squares Hummus Red Pepper & Zucchini Strips Pita Wedges	Chicken Drumsticks Sweet Potato Wedges Applesauce Challah
Apple Slices	Whole Grain Bagel Half w/Cream Cheese	Diced Pears	Watermelon	Oat Granola

*Pasta Salad-whole wheat elbow macaroni, halved cherry tomatoes, peas, diced cooked carrots, Italian dressing