






STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

Summer Camp Menu

June 21 to June 25 (Week 1)

| | 06/21/10 | 06/22/10 | 06/23/10 | 06/24/10 | 06/25/10 |
|--|--|---|---|--|--|
|  | <ul style="list-style-type: none"> ● Salad Bar ● Tuna Salad | <ul style="list-style-type: none"> ● Salad Bar ● Tuna Salad | <ul style="list-style-type: none"> ● Salad Bar ● Tuna Salad | <ul style="list-style-type: none"> ● Salad Bar ● Tuna Salad | <ul style="list-style-type: none"> ● Salad Bar ● Tuna Salad |
|  | <ul style="list-style-type: none"> ● Chicken Tenders ● Mashed Potatoes ● Gravy ● Fresh Broccoli ● Peanut Butter and Jelly, Jelly, or Peanut Butter Sandwiches | <ul style="list-style-type: none"> ● Cheese or Pepperoni Pizza ● Fresh Spinach ● Peanut Butter and Jelly, Jelly, or Peanut Butter Sandwiches | <ul style="list-style-type: none"> ● Hamburger or Cheeseburger ● French Fries ● Kernel Corn ● Peanut Butter and Jelly, Jelly, or Peanut Butter Sandwiches | <ul style="list-style-type: none"> ● Grilled Cheese ● Tater Tots ● Fresh Carrots ● Peanut Butter and Jelly, Jelly, or Peanut Butter Sandwiches | <ul style="list-style-type: none"> ● Spaghetti Plain or with Meatballs or ● Marinara Sauce ● Fresh Baked Rolls ● Fresh Green Beans ● Peanut Butter and Jelly, Jelly, or Peanut Butter Sandwiches |
|  | <ul style="list-style-type: none"> ● Brownies | <ul style="list-style-type: none"> ● Chocolate or Vanilla Pudding | <ul style="list-style-type: none"> ● Chocolate Chip Cookies | <ul style="list-style-type: none"> ● Frosted Yellow Cake | <ul style="list-style-type: none"> ● Ice Cream Novelties |

Daily lunch also includes a variety of fresh fruit. Beverage choices include assorted juices, 2% milk and lowfat chocolate milk and water.