

Breakfast & Snack Menu



Summer Camp 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Breakfast Cereal: Cheerios, Corn Flakes Pears Milk* Snack Goldfish Crackers Apples Water	Breakfast Whole Wheat English Muffins Oranges Milk* Snack Yogurt Canned Pears Water	Breakfast Cream of Wheat Bananas Milk* Snack Wheat Crackers Mozzarella Cheese Sticks Water	Breakfast Breakfast Parfait (Yogurt, Canned Peaches, Cheerios, sprinkled in) Milk* Snack Zucchini sticks & Yellow/Red Pepper Slices w/ Hummus Water	Breakfast Whole Wheat Toast Oranges Milk* Snack Whole Wheat Pita Bread Sun-butter Bananas Water
WEEK 2	Breakfast Cereal: Rice Chex, Corn Flakes Oranges Milk* Snack Whole Grain Soft Pretzels Pears Water	Breakfast Plain Oatmeal (w/ Raisins and Cinnamon) Bananas Milk* Snack Cucumber Sticks & Tomato Wedges Whole Wheat Crackers Water	Breakfast Yogurt Cheerios (sprinkled in) Strawberries (frozen) Milk* Snack Graham Crackers Apples Water	Breakfast Whole Wheat Bagels Apples Milk* Snack Goldfish Crackers Bananas Water	Breakfast Whole Wheat Toast w/ Sun-butter Pears Milk* Snack Mozzarella Cheese Sticks Crackers Water
WEEK 3	Breakfast Cereal: Corn Flakes, Rice Chex Bananas Milk* Snack Yogurt Canned Pears Water	Breakfast Whole Wheat Toast Hard-Boiled Eggs Apples Milk* Snack Whole Wheat Pita Bread Salsa Crackers Water	Breakfast Whole Wheat English Muffins Pears Milk* Snack Cucumber Sticks & Tomato Wedges w/ Hummus Water	Breakfast Cream of Wheat Oranges Milk* Snack Graham Crackers Bananas Water	Breakfast Yogurt Cheerios (sprinkled in) Apples Milk* Snack Goldfish Crackers Oranges Water
WEEK 4	Breakfast Cereal: Cheerios, Rice Chex Pears Milk* Snack Hummus Crackers Water	Breakfast Whole Wheat Bagels Bananas Milk* Snack Mozzarella Cheese Sticks Crackers Water	Breakfast Whole Wheat Toast Hard-Boiled Eggs Oranges Milk* Snack Cottage Cheese Canned Peaches Water	Breakfast Yogurt Cheerios (sprinkled in) Mango (frozen) Milk* Snack Whole Wheat Pita Bread Black Bean Dip Water	Breakfast Overnight Oats w/ Cinnamon Apples Milk* Snack Whole Wheat Crackers Cucumber Sticks & Tomato Wedges Water

*Milk served is Whole, Non-fat, or Soy

UBCCC is an Equal Opportunity Provider

**Juice is not served for any meals