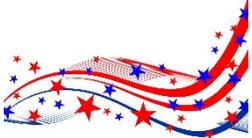


LUNCH MENU

Summer Camp 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chicken Fingers ♦ Whole Wheat Pasta Salad, Balsamic Vinaigrette, Cannellini Beans & Tomatoes Broccoli Honey Dew Milk*	Soft Tacos w/ Ground Turkey Whole Grain Tortilla ♦ Refried Beans Shredded Cheddar Cheese, Corn Chopped Lettuce/ Diced Tomato Pineapple Chunks Milk*	Turkey & Cheddar Cheese Sandwich on Whole Wheat Bread ♦ Sun-butter & Jelly Sandwich Mixed Veggies Strawberries Milk*	Veggie Burger w/ Whole Wheat Roll Sweet Potato Fries Watermelon Milk*	Whole Wheat Macaroni Meat Sauce ♦ Plain Sauce ♦ Vegetarian (Soy) Meatballs Shredded Parmesan Green Leaf Salad w/ Balsamic Vinaigrette Pears Milk*
Week 2	Scrambled Eggs ♦ Tofu Whole Grain Pancakes Roasted Red Potatoes Applesauce Milk*	Chicken w/ Hummus Whole Wheat Grilled Pita Feta Cheese Chopped Lettuce/ Diced Tomato Greek Dressing Cantaloupe Milk*	<p style="text-align: center;">CENTER CLOSED for Independence Day</p> 	Thursday 7/5/18: (off-site field trip) **bring a bagged lunch	Sloppy Joes (ground turkey) Whole Wheat Roll ♦ Vegetarian (Soy) Meatballs ♦ Plain Sauce Green Beans Bananas Milk*
Week 3	Cheese Pizza Black Olives (on the side) Cucumber Slices Strawberries Milk*	Chicken Fingers Mac & Cheese ♦ Veggie Burger Cauliflower Honey Dew Milk*	Wednesday 7/11/18: (off-site field trip) **bring a bagged lunch	Turkey Sausage ♦ Veggie Burger Whole Grain Pancakes Roasted Red Potatoes Applesauce Milk*	Whole Grain Veggie Lasagna w/ Whole Wheat Roll ♦ Whole Wheat Pasta Salad, Balsamic Vinaigrette, Cannellini Beans & Tomatoes Peas Watermelon Milk*
Week 4	Chicken & Cheese Quesadilla ♦ Bean Quesadilla (no cheese) Corn Muffins Cauliflower Cantaloupe Milk*	Whole Wheat Macaroni Meat Sauce ♦ Plain Sauce ♦ Vegetarian (Soy) Meatballs Shredded Parmesan Green Leaf Salad w/ Balsamic Vinaigrette Strawberries Milk*	Veggie Burger Brown Rice Green Beans Honey Dew Milk*	Thursday 7/19/18: (off-site field trip) **bring a bagged lunch	Chicken w/ Hummus Whole Wheat Grilled Pita Feta Cheese Chopped Lettuce/ Diced Tomato Greek Dressing Watermelon Milk*

*Milk served is non-fat.

All meat products are chicken or turkey. Sandwiches served on wheat bread.

♦ indicates vegetarian alternative

UBCCC is an Equal Opportunity Provider

LUNCH MENU

Summer Camp 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	Chicken Fingers ♦ Whole Wheat Pasta Salad, Balsamic Vinaigrette, Cannellini Beans & Tomatoes Broccoli Honey Dew Milk*	Soft Tacos w/ Ground Turkey Whole Grain Tortilla ♦ Refried Beans Shredded Cheddar Cheese, Corn Chopped Lettuce/ Diced Tomato Pineapple Chunks Milk*	Wednesday 7/25/18: (off-site field trip) **bring a bagged lunch	Veggie Burger w/ Whole Wheat Roll Sweet Potato Fries Watermelon Milk*	Whole Wheat Macaroni Meat Sauce ♦ Plain Sauce ♦ Vegetarian (Soy) Meatballs Shredded Parmesan Green Leaf Salad w/ Balsamic Vinaigrette Pears Milk*
Week 6	Scrambled Eggs ♦ Tofu Whole Grain Pancakes Roasted Red Potatoes Applesauce Milk*	Chicken w/ Hummus Whole Wheat Grilled Pita Feta Cheese Chopped Lettuce/ Diced Tomato Greek Dressing Cantaloupe Milk*	Turkey Meatloaf ♦ Veggie Burger Corn Stuffing Butternut Squash Honey Dew Milk*	Thursday 8/2/18: (off-site field trip) **bring a bagged lunch	Sloppy Joes (ground turkey) Whole Wheat Roll ♦ Vegetarian (Soy) Meatballs ♦ Plain Sauce Green Beans Bananas Milk*
Week 7	Monday 8/6/18: (off-site field trip) **bring a bagged lunch	Chicken Fingers Mac & Cheese ♦ Veggie Burger Cauliflower Honey Dew Milk*	Soft Tacos w/ Refried Beans Whole Grain Tortilla Shredded Cheddar Cheese, Corn Chopped Lettuce/ Diced Tomato Pineapple Chunks Milk*	Turkey Sausage ♦ Veggie Burger Whole Grain Pancakes Roasted Red Potatoes Applesauce Milk*	Whole Grain Veggie Lasagna w/ Whole Wheat Roll ♦ Whole Wheat Pasta Salad, Balsamic Vinaigrette, Cannellini Beans & Tomatoes Peas Watermelon Milk*
Week 8	Chicken & Cheese Quesadilla ♦ Bean Quesadilla (no cheese) Corn Muffins Cauliflower Cantaloupe Milk*	Whole Wheat Macaroni Meat Sauce ♦ Plain Sauce ♦ Vegetarian (Soy) Meatballs Shredded Parmesan Green Leaf Salad w/ Balsamic Vinaigrette Strawberries Milk*	Veggie Burger Brown Rice Green Beans Honey Dew Milk*	Thursday 8/16/18: (off-site field trip) **bring a bagged lunch	Chicken w/ Hummus Whole Wheat Grilled Pita Feta Cheese Chopped Lettuce/ Diced Tomato Greek Dressing Watermelon Milk*

*Milk served is non-fat.

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♦ indicates vegetarian alternative

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LUNCH MENU



Summer Camp 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	Chicken Fingers ♦ Whole Wheat Pasta Salad, Balsamic Vinaigrette, Cannellini Beans & Tomatoes Broccoli Honey Dew Milk*	Soft Tacos w/ Ground Turkey Whole Grain Tortilla ♦ Refried Beans Shredded Cheddar Cheese, Corn Chopped Lettuce/ Diced Tomato Pineapple Chunks Milk*	Wednesday 8/22/18: (off-site field trip) **bring a bagged lunch	Veggie Burger w/ Whole Wheat Roll Sweet Potato Fries Watermelon Milk*	Whole Wheat Macaroni Meat Sauce ♦ Plain Sauce ♦ Vegetarian (Soy) Meatballs Shredded Parmesan Green Leaf Salad w/ Balsamic Vinaigrette Pears Milk*
Week 10	Scrambled Eggs ♦ Tofu Whole Grain Pancakes Roasted Red Potatoes Applesauce Milk*	Chicken w/ Hummus Whole Wheat Grilled Pita Feta Cheese Chopped Lettuce/ Diced Tomato Greek Dressing Cantaloupe Milk*	Wednesday 8/29/18: (off-site field trip) **bring a bagged lunch	Bean & Cheese Quesadilla ♦ Bean Quesadilla (no cheese) Corn Muffins Carrots Watermelon Milk*	Sloppy Joes (ground turkey) Whole Wheat Roll ♦ Vegetarian (Soy) Meatballs ♦ Plain Sauce Green Beans Bananas Milk*

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