

jeff lake camp



JUNE & JULY 2019

Monday

Tuesday

Wednesday

Thursday

Friday

June 24

BAKED CHICKEN
Nuggets

1

BBQ CHICKEN

8

Musical Mac & Cheese

15

MEATBALL HERO

June 25

Breakfast for Lunch
French Toast Sticks
Turkey Sausage

2

Sliders CHICKEN
(BACKWARDS DAY)

9

Road Trip CHICKEN Nuggets

16

French Toast Sticks

June 26

BBQ

3

4TH OF JULY BBQ

10

BBQ

17

BBQ

June 27

Mac & Cheese

4

No Camp Today

11

CAMPus TACO Quesadillas

18

ROCK'N'ROLL CHICKEN Sliders

June 28

CAMO PIZZA

5

Neon PIZZA Bagels

12

PIZZA

19

PIZZA Bagels

DAILY SANDWICH BAR

Bagel with Cream Cheese or Butter
Soy Nut Butter and/or Jelly
Turkey on Whole Wheat Bread
Cheese on Whole Wheat Bread
Yogurt

ROTATING DAILY

Apple • Oranges • Watermelon
Pineapple • Banana • Grapes
Celery • Carrots • Cucumbers
Corn • Chips • Pudding
Apple Sauce • Cookies

SALAD BAR ROTATIONS

Romaine/Iceberg Mix • Shredded Carrots • Croutons
Tomatoes • Pickles • Green Peppers • Cucumbers
Hard Boiled Eggs • Black Beans • Chickpeas • Baby Corn
Tuna Salad • Cole Slaw • Pasta Salad • Raisins



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JULY & AUGUST 2019

Monday

Tuesday

Wednesday

Thursday

Friday

DAILY SANDWICH BAR

Bagel with Cream Cheese or Butter
Soy Nut Butter and/or Jelly
Turkey on Whole Wheat Bread
Cheese on Whole Wheat Bread
Yogurt

ROTATING DAILY

Apple • Oranges • Watermelon
Pineapple • Banana • Grapes
Celery • Carrots • Cucumbers
Corn • Chips • Pudding
Apple Sauce • Cookies

July 22



July 23



July 24



July 25



29



30



31



August 1



5



6



7



8



9



12



13



14



15



16



SALAD BAR ROTATIONS

Romaine/Iceberg Mix • Shredded Carrots • Croutons
Tomatoes • Pickles • Green Peppers • Cucumbers
Hard Boiled Eggs • Black Beans • Chickpeas • Baby Corn
Tuna Salad • Cole Slaw • Pasta Salad • Raisins

