

CAMP HOSANNA

SUMMER 2020 MENU

JUNE				
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

JULY				
		1	2	CC
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

AUGUST				
3	4	5	6	7
10	11	12	13	14

Green = Weeks 1,3,5,7,9,11

Pink = Weeks 2,4,6,8,10

Breakfast Snack / Lunch (optional purchase \$2.75) / Afternoon Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONTINENTAL BREAKFAST MEATBALL SUB, COOKED BROCCOLI, FRUIT** YOGURT PARFAIT, WATER	WHOLE WHEAT PANCAKES, FRUIT**, MILK GRILLED CHICKEN BREAST SANDWICH, SWEET POTATO CHIPS, FRUIT** WHOLE GRAIN PRETZELS WITH CHEESE, WATER	CONTINENTAL BREAKFAST TACO BAR WITH SEASONED MEAT, BEANS, LETTUCE, CHEESE, TOMATOES, TORTILLAS OR CORN CHIPS, FRUIT** APPLE SLICES WITH DIP, WATER OR MILK	WHOLE WHEAT WAFFLES, EGGS, FRUIT** DELI SANDWICH—TURKEY, HAM, OR PLAIN CHEESE, VEGGIE*, FRUIT** POPCORN, WATER OR MILK	CONTINENTAL BREAKFAST DELIVERY PIZZA, VEGGIE*, FRUIT** BANANA SLICES WITH A SIDE OF CHOCOLATE CHIPS, GREEK YOGURT, WATER
CONTINENTAL BREAKFAST EGG PATTY, FRENCH TOAST, VEGGIE*, FRUIT** APPLE SLICES WITH DIP, WATER OR MILK	WHOLE WHEAT WAFFLES AND EGGS GRILLED CHICKEN WRAP WITH SHREDDED CHEESE AND MIXED GREENS, SWEET POTATO CHIPS, FRUIT** WHOLE GRAIN CRACKERS AND CHEESE CUBES, WATER	CONTINENTAL BREAKFAST WALKING TACOS WITH LETTUCE, TOMATO, AND GUACAMOLE ON THE SIDE, VEGGIE*, FRUIT** FROZEN GREEK YOGURT TUBES, WATER	PUMPKIN CHOCOLATE CHIP MUFFINS, MILK DELI SANDWICH—TURKEY, HAM, OR PLAIN CHEESE, RAW BROCCOLI WITH DIP, FRUIT** GOLDFISH, MILK	CONTINENTAL BREAKFAST DELIVERY PIZZA, VEGGIE*, FRUIT** MISS LEE'S SPECIAL SNACK, WATER OR MILK

MILK AND WATER WILL BE THE DRINK CHOICES.

OVER 80% OF GRAIN PRODUCTS WILL BE WHOLE GRAIN (THIS EXCEEDS USDA RECOMMENDATION OF 50% WHOLE GRAIN).

***VEGGIE:** CHOICE OF SIDE SALAD, CARROTS WITH RANCH, HUMMUS, OR EDAMAME

****FRUIT:** ROTATION BETWEEN SEASONAL FRESH FRUIT, APPLE SLICES, AND ORANGES

CONTINENTAL BREAKFAST WILL OFFER A VARIETY OF COLD CEREALS, SINGLE SERVE GREEK OR REGULAR YOGURT CONTAINERS, WHOLE WHEAT BAGELS WITH CREAM CHEESE, WHOLE WHEAT TOAST, SLICED ORANGES, BANANA, AND OTHER SEASONAL FRUIT.

WE ARE A PEANUT AND NUT FREE CENTER