

CAMP HOSANNA SUMMER 2021 MENU

June				
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

July				
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

August				
2	3	4	5	6
9	10	11	12	13

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	PANCAKES, FRUIT**, MILK GRILLED CHICKEN BREAST SANDWICH, SWEET POTATO CHIPS, FRUIT** WHOLE GRAIN PRETZELS WITH CHEESE, WATER	CONTINENTAL BREAKFAST NACHO 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 GREEK YOGURT DIP, 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, CHERRY TOMATOES, CELERY STICKS, CARROTS WITH RANCH, OR HUMMUS

**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, BAGELS WITH CREAM CHEESE, WHOLE WHEAT TOAST, SLICED ORANGES, BANANA, AND OTHER SEASONAL FRUIT.

WE ARE A PEANUT AND NUT FREE CENTER