

June 2026 - Summer Camp Menu

Week 1



Breakfast

Lunch

Snack

MONDAY

1/2 cup grits
2oz eggs
1/2 cup orange slices
8oz milk

2oz hot dog w/ 1 bun
3/4 cup baked sweet potato fries
3/4 cup grapes
8oz milk

apple slices
caramel dip

TUESDAY

2.2oz super donut
1 whole banana
8oz milk

2oz grilled chicken wrap w/ 1 WG tortilla
3/4 cup bell pepper straws (orange, yellow & red)
8oz milk

watermelon smile (wedge)
Goldfish

WEDNESDAY

1/2 cup oatmeal
1/2 cup chopped strawberries
8oz milk

2oz fish sticks
1/2 cup mac n cheese
3/4 cup cucumber & tomato slices
8oz milk

Little Bites Muffins
grapes

THURSDAY

2.2oz WG blueberry Poptart
6oz Greek yogurt strawberry smoothie
8oz milk

3oz turkey & cheese sandwich (2oz meat, WG bread 2 slices, 1/2oz cheese)
3/4 cup carrots w/ ranch
3.25oz vanilla pudding
8oz milk

tortilla chips
salsa

FRIDAY

2oz sausage & egg casserole
1/2 cup cantelope
8oz milk

2oz cheeseburger w/ WG bun
3/4 cup baked beans
3/4 cup watermelon
8oz milk

cinnamon roll
fruit cup

June 2026 - Summer Camp Menu

Week 2



	Breakfast	Lunch	Snack
MONDAY	2.5oz pancake on a stick 6oz 100% fruit juice 8oz milk	2oz pepperoni pizza 3 cup popcorn ½ cup sliced peaches 8oz milk	ants on a log (celery, peanut butter, raisins)
TUESDAY	1.5 cup yogurt parfait (½ cup chopped strawberries, ½ cup vanilla yogurt & ½ cup granola) 8oz milk	2oz Grab N Go (1oz crackers, 1oz peanut butter & 1oz cheese stick) 2oz apple slices 8oz milk	peaches string cheese
WEDNESDAY	2oz Honey Nut Cheerios ½ cup sliced bananas 8oz milk	3oz Chef salad (¾ cup romaine lettuce with 2oz chicken & turkey, tomatoes, cucumbers) w/light Ranch 1oz WG crackers 8oz milk	Classic Lays Chips applesauce
THURSDAY	2oz granola breakfast bar ½ cup mixed fruit cup 8oz milk	2oz chicken salad on 1 croissant w/ ¾ cup lettuce & tomato ¾ cup mixed fruit 8oz milk	Ritz Crackers with peanut butter
FRIDAY	2oz breakfast burrito (1 oz eggs, ½ oz cheese & ½ oz mixed peppers w/ whole tortilla) 1oz salsa 8oz milk	2oz chicken nuggets ½ cup whole grain rice ¾ cup green beans ¾ cup strawberries 8oz milk	blueberry muffin Gogurt

June 2026 - Summer Camp Menu

Week 3



Breakfast

Lunch

Snack

MONDAY

breakfast pizza bagel (1oz eggs, ½ oz cheese & ½oz sausage w/ 1oz bagel)
½ cup seasonal mixed fruit
8oz milk

3oz Build your own taco (WG Tortilla, ground meat, lettuce, cheese, tomatoes)
4oz fruit up 100%juice
8oz Milk

Veggie Straws
Manadrin orange

TUESDAY

1.8oz WG blueberry muffin
1 Mandarine orange
8oz milk

4oz corn dogs
1oz Goldfish
¾cp kiwi
8oz milk

Classic Trail Mix
100% juice

WEDNESDAY

3oz sausage biscuit
6oz 100% fruit juice
8oz milk

2oz ham & cheese roll up on WG Tortilla
¾ cup celery
¾ cup pineapple chunks
8oz milk

Uncrustable
strawberries

THURSDAY

2oz Frosted mini wheats cereal
1 whole banana
8oz milk

2oz BBQ sandwich on WG bun
1 medium ear cobbed corn
¾ cup watermelon
8oz milk

Baked Lays Chips
mini donuts

FRIDAY

2oz French toast sticks w/ 2tbsp sugar free syrup
6oz yogurt smoothie
8oz milk

3oz spaghetti w/ 2oz meatballs
¾ cup roasted broccoli
¾ cup apple slices
2oz cinnamon roll
8oz milk

Nurtrigrain Bar
mixed fruit

June 2026 - Summer Camp Menu

Week 4



	Breakfast	Lunch	Snack
MONDAY	1/2 cup grits 2oz eggs 1/2 cup orange slices 8oz milk	2oz hot dog w/ 1 bun 3/4 cup baked sweet potato fries 3/4 cup grapes 8oz milk	apple slices caramel dip
TUESDAY	2.2oz super donut 1 whole banana 8oz milk	2oz grilled chicken wrap w/ 1 WG Tortilla 3/4 cup bell pepper straws (orange, yellow & red) 8oz milk	watermelon smile (wedge) Goldfish
WEDNESDAY	1/2 cup oatmeal 1/2 cup chopped strawberries 8oz milk	2oz fish sticks 1/2 cup mac n cheese 3/4 cup cucumber & tomato slices 8oz milk	Little Bites Muffins grapes
THURSDAY	2.2oz WG blueberry Poptart 6oz Greek yogurt strawberry smoothie 8oz milk	3oz turkey & cheese sandwich (2oz meat, WG bread 2 slices, 1/2oz cheese) 3/4 cup carrots w/ ranch 3.25oz vanilla pudding 8 oz milk	tortilla chips salsa
FRIDAY	2oz suasage & egg casserole 1/2 cup cantelope 8oz milk	2oz cheeseburger w/ WG bun 3/4 cup baked beans 3/4 cup watermelon 8oz milk	cinnamon roll fruit cup

June 2026 - Summer Camp Menu

Week 5



	Breakfast	Lunch	Snack
MONDAY	2.5oz pancake on a stick 6oz 100% fruit juice 8 oz milk	2oz pepperoni pizza 3 cup popcorn 1/2 cup sliced peaches 8oz milk	ants on a log (Celery, Peanut Butter, Raisins)
TUESDAY	1.5 cup Yogurt Parfait (1/2 cp chopped strawberries, 1/2 cp vanilla yogurt & 1/2 cp granola) 8oz milk	3oz Grab N Go (1oz crackers, 1oz peanut butter & 1oz cheese stick) 2oz apple slices 8oz milk	peaches string cheese
WEDNESDAY	2oz Honey Nut Cheerios 1/2 cup sliced bananas 8oz milk	3oz chef salad (3/4 cp romaine lettuce with 2oz chicken & turkey, tomatoes, cucumbers) w/ light ranch 1oz WG crackers 8oz milk	Classic Lays Chips applesauce
THURSDAY	2oz granola breakfast bar 1/2 cup mixed fruit cup 8 oz milk	2oz chicken salad on 1 croissant w/ 3/4 cup lettuce & tomato 3/4 cup mixed fruit 8oz milk	Ritz Crackers with peanut butter
FRIDAY	2oz breakfast burrito (1oz eggs, 1/2 oz cheese & 1/2oz mixed peppers w/ whole tortilla) 1oz salsa 8 oz milk	2oz chicken nuggets 1/2 cup whole grain rice 3/4 cup green beans 3/4 cup strawberries 8oz milk	blueberry muffin Gogurt

June 2026 - Summer Camp Menu

Week 6



Breakfast

Lunch

Snack

MONDAY

breakfast pizza bagel (1oz eggs, ½ oz cheese & ½ oz sausage w/ 1oz bagel)
½ cup seasonal mixed fruit
8oz milk

3oz build your own taco (WG tortilla, ground meat, lettuce, cheese, tomatoes)
4oz fruit up 100% juice
8oz Milk

veggie straws
Manadrin orange

TUESDAY

1.8oz WG blueberry muffin
1 Mandarine orange
8oz milk

4oz corn dogs
1oz Goldfish
¾ cup kiwi
8oz milk

classic trail mix
100% juice

WEDNESDAY

3oz sausage biscuit
6oz 100% fruit juice
8oz milk

2oz ham & cheese roll up on WG tortilla
¾ cup celery
¾ cup pineapple chunks
8oz Milk

Uncrustable
strawberries

THURSDAY

2oz Frosted Mini Wheats cereal
1 whole banana
8oz milk

2oz BBQ sandwich on WG bun
1 medium ear cobbed corn
¾ cup Watermelon
8oz milk

Baked Lays Chips
mini donuts

FRIDAY

2oz French toast sticks w/ 2 tbsp sugar free syrup
6oz yogurt smoothie
8oz milk

3oz spaghetti w/ 2oz meatballs
¾ cup roasted broccoli
¾ cup apple slices
2oz cinnamon roll
8oz milk

Nurtrigrain Bar
mixed fruit

June 2026 - Summer Camp Menu

Week 7



Breakfast

Lunch

Snack

MONDAY

½ cup grits
2oz eggs
½ cup orange slices
8oz milk

2oz hot dog w/ 1 bun
¾ cup baked sweet potato fries
¾ cp grapes
8oz milk

apple slices
caramel dip

TUESDAY

2.2oz super donut
1 whole banana
8oz milk

2oz grilled chicken wrap w/ 1 WG Tortilla
¾ cup bell pepper straws (orange, yellow & red)
8oz milk

watermelon smile (wedge)
Goldfish

WEDNESDAY

½ cup oatmeal
½ cup chopped strawberries
8oz milk

2oz fish sticks
½ cup mac n cheese
¾ cup cucumber & tomato slices
8oz milk

Little Bites Muffins
grapes

THURSDAY

2.2oz WG blueberry Poptart
6oz Greek yogurt strawberry smoothie
8oz milk

3oz turkey & cheese sandwich (2oz meat, WG bread 2 slices, 1/2oz cheese)
¾ cup carrots w/ ranch
3.25oz vanilla pudding
8 oz milk

tortilla chips
salsa

FRIDAY

2oz sausage & egg casserole
½ cup cantelope
8oz milk

2oz cheeseburger w/ Wg bun
¾ cup baked beans
¾ cup watermelon
8oz milk

cinnamon roll
fruit cup

June 2026 - Summer Camp Menu

Week 8



	Breakfast	Lunch	Snack
MONDAY	2.5oz pancake on a stick 6oz 100% fruit juice 8 oz milk	2oz pepperoni pizza 3 cup popcorn ½ cup sliced peaches 8oz milk	ants on a log (celery, peanut butter, raisins)
TUESDAY	1.5 cup Yogurt Parfait 9½ cup chopped strawberries, ½ cup vanilla yogurt & ½ cup granola) 8oz milk	3oz Grab N Go (1oz crackers, 1oz peanut butter & 1oz cheese stick) 2oz apple slices 8oz milk	peaches string cheese
WEDNESDAY	2oz Honey Nut Cheerios ½ cup sliced bananas 8oz milk	3oz Chef Salad (¾ cup romaine lettuce with 2oz chicken & turkey, tomatoes, cucumbers) w/ light ranch 1oz WG crackers 8oz milk	Classic Lays Chips applesauce
THURSDAY	2oz granola breakfast bar ½ cup mixed fruit cup 8oz milk	2oz BBQ sandwich on WG bun 1 medium ear cobbed corn ¾ cup watermelon 8oz milk	Ritz Crackers with peanut butter
FRIDAY	2 oz Breakfast Burrito (1oz eggs, ½oz cheese & ½oz mixed peppers w/ whole tortilla) 1oz salsa 8oz milk	2oz chicken salad on 1 croissant w/ ¾ cup lettuce & tomato ¾ cup mixed fruit 8oz milk	blueberry muffin Gogurt

July 2026 - Summer Camp Menu

Week 9



	Breakfast	Lunch	Snack
MONDAY	Breakfast pizza bagel (1 oz eggs, ½ oz cheese & ½ oz sausage w/ 1 oz bagel) ½ cp Seasonal mixed fruit 8 oz Milk	2 oz Chicken nuggets ½ cp Whole grain rice ¾ cp Green beans ¾ cp Strawberries 8 oz Milk	Veggie Straws Mandarin Orange
TUESDAY	1.8 oz Whole grain blueberry muffin 1 Mandarin orange 8 oz milk	2 oz Ham & Cheese on wheat bread ¾ cp Celery ¾ cp Pineapple chunks 8 oz Milk	Classic Trail Mix 100% Juice
WEDNESDAY	3 oz Sausage biscuit 6 oz 100% Fruit juice 8 oz Milk	2 oz Hot Dog w/ 1 bun ¾ cp Baked sweet potato fries ¾ cp Grapes 8 oz milk	Uncrustable Strawberries
THURSDAY	2 oz Frosted Mini Wheats cereal 1 Whole banana 8 oz Milk	2 oz Chicken salad on croissant w/ ¾ cp lettuce & tomato ¾ cp Mixed fruit 8 oz Milk	Baked Lays Chips Mini Donuts
FRIDAY	2 oz French Toast Sticks w/ 2 tbsp sugar free syrup 6 oz Yogurt smoothie 8 oz Milk	4 oz Corn Dogs 1 oz Goldfish ¾ cp Kiwi 8 oz Milk	Nurtrigrain Bar Mixed Fruit