

# 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 suasaage & 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  
1/2 cup sliced peaches  
8oz milk

ants on a log (celery, peanut butter, raisins)

TUESDAY

1.5 cup yogurt parfait (1/2 cup chopped strawberries, 1/2 cup vanilla yogurt & 1/2 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  
1/2 cup sliced bananas  
8oz milk

3oz Chef salad (3/4 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  
1/2 cup mixed fruit cup  
8oz 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 (1 oz eggs, 1/2 oz cheese & 1/2 oz mixed peppers w/ whole tortilla)  
1oz salsa  
8oz 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 3



	Breakfast	Lunch	Snack
<b>MONDAY</b>	breakfast pizza bagel (1oz eggs, 1/2 oz cheese & 1/2oz sausage w/ 1oz bagel) 1/2 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
<b>TUESDAY</b>	1.8oz WG blueberry muffin 1 Mandarine orange 8oz milk	4oz corn dogs 1oz Goldfish 3/4cp kiwi 8oz milk	Classic Trail Mix 100% juice
<b>WEDNESDAY</b>	3oz sausage biscuit 6oz 100% fruit juice 8oz milk	2oz ham & cheese roll up on WG Tortilla 3/4 cup celery 3/4 cup pineapple chunks 8oz milk	Un crustable strawberries
<b>THURSDAY</b>	2oz Frosted mini wheats cereal 1 whole banana 8oz milk	2oz BBQ sandwich on WG bun 1 medium ear cobbed corn 3/4 cup watermelon 8oz milk	Baked Lays Chips mini donuts
<b>FRIDAY</b>	2oz French toast sticks w/ 2tbsp sugar free syrup 6oz yogurt smoothie 8oz milk	3oz spaghetti w/ 2oz meatballs 3/4 cup roasted broccolli 3/4 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 suasaage & 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, 1/2 oz cheese & 1/2 oz sausage w/ 1oz bagel) 1/2 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 3/4 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 3/4 cup celery 3/4 cup pineapple chunks 8oz Milk	Un crustable strawberries
THURSDAY	2oz Frosted Mini Wheats cereal 1 whole banana 8oz milk	2oz BBQ sandwich on WG bun 1 medium ear cobbed corn 3/4 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 3/4 cup roasted broccolli 3/4 cup apple slices 2oz cinnamon roll 8oz milk	Nurtrigrain Bar mixed fruit

# June 2026 - Summer Camp Menu

Week 7



## 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 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  
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 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 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