

## **Sample Menu for Summer Camps**

### Monday Dinner

Main: Chicken Sliders

Sides: Salad, Tater tots

### Tuesday Breakfast

Main: Baked Oatmeal

Sides: Hard boiled eggs, Yogurt, Granola, Toast

### Tuesday Lunch

Main: Yaki Soba

Sides: Canned Fruit, Cottage Cheese

### Tuesday Dinner

Main: Pizza

Sides: Salad

### Wednesday Breakfast

Main: French Toast

Sides: Bacon, Yogurt, Granola, Toast

### Wednesday Lunch

Main: Grilled Cheese

Sides: Tomato Soup, Salad

### Wednesday Dinner

Main: Baked Spaghetti

Sides: Rolls, Salad

### Thursday Breakfast

Main: Breakfast Sandwiches or burritos

Sides: Yogurt, Granola, Toast

### Thursday Lunch

Main: Sub Sandwiches

Sides: Chips, Canned Fruit

### Thursday Dinner

Main: Mexican

Sides: Black Beans, Rice, Chips and Salsa

### Friday Breakfast

Main: Cinnamon Rolls

Sides: Yogurt, Granola, Toast

### Friday Lunch

Main: Mac n Cheese

Sides: Salad, Carrots and Celery

### Friday Dinner

Main: BBQ Burgers and Hotdogs or Chicken

Sides: Fries, Potato or Pasta Salad,

### Saturday Breakfast

Main: Pancakes

Sides: Yogurt, Granola, Toast