

# LUNCH



# MENU

	MON	TUE	WED	THU	FRI
WEEKS 1 + 5	Grilled Cheese + Grilled Vegetables	Spaghetti and Meatballs	Pizza	Chicken Fajitas + Rice	Mac and Cheese + Roasted Vegetables
WEEKS 2 + 6	Vegetable and Cheese Quesadillas	BBQ + Couscous	Pizza	Pasta with Meat Sauce	Breakfast for Lunch
WEEKS 3 + 7	Fish Sticks + Sweet Potatoes	BBQ Wings + Brown Rice	Pizza	Chicken + Vegetable Lo Mein	Ravioli + Roasted Vegetables
WEEKS 4 + 8	Baked Ziti + Grilled Vegetables	Taco Bar + Rice	Pizza	BBQ Chicken + Vegetable Quinoa	Vegetable and Cheese Quesadillas

- **Daily Salad Bar** includes a variety of proteins and vegetables such as lettuce, corn, eggs, peppers, tomatoes, tuna, edamame, etc.
- **Daily Sandwich and Pasta Bar**
- **Daily Fresh Fruit + Cooked Vegetables**

*We are a nut-aware camp. No products containing nuts are served.  
Please contact the camp office regarding other food allergies.  
No trans fats are served at camp. Menu is subject to change.*