

## Camp Connection Menu July/August 2018

| Mon   | Tue  | Wed   | Thu  | Fri   |
|---|--|---|--|---|
| July 2<br>B: Oatmeal, Toast, Fruit<br><br>L: Rocket Dogs, Baked Beans, Fruit<br><br>S: Red, White and Blue Salad, Yogurt  | July 3<br>B: Bagel Sandwich, Fruit<br><br>L: Sack Lunch: Deli Sandwich, Chips, Apple and Water Bottle<br><br>S: Veggies w/Ranch, Pretzels            | July 4<br>Closed for Independence Day   | July 5<br>B: Breakfast Burritos, Fruit<br><br>L: Grilled Cheese, Tomato Soup, Fruit<br><br>S: Cheese, Crackers, Fruit  | July 6<br>B: French Toast, Fruit<br><br>L: Hot Ham and Cheese, Broccoli, Fruit<br><br>S: Rice Cakes, Fruit                        |
| July 9<br>B: Pigs in a Blanket, Fruit<br><br>L: Chicken Tacos, Corn, Fruit<br><br>S: Fruit Pizza, Pretzels  | July 10<br>B: Scrambled Eggs, Ham, Fruit<br><br>L: Cheeseburger Sliders, French Fries, Fruit<br><br>S: Turkey Roll Up, Fruit                         | July 11<br>B: Muffins, Bagels, Fruit<br><br>L: HS/PP/WC Sack Lunch: Deli Sandwich, Chips, Carrots, Fruit<br><br>SP/JKC Chicken Nuggets, Corn, Fruit<br><br>S: Pudding Pops, 'Nilla Wafers | July 12<br>B: English Muffin Sandwich, Fruit<br><br>L: HS/PP'WC Chicken Nuggets, Corn, Fruit<br><br>SP/JKC WC Sack Lunch: Deli Sandwich, Chips, Carrots, Fruit<br><br>S: Quesadilla, Fruit | July 13<br>B: Fruit and Yogurt Parfait, Toast<br><br>L: Meatball Subs, Green Beans, Fruit<br><br>S: Popcorn, Fruit                |
| July 16<br>B: Pancakes, Fruit<br><br>L: Sloppy Joe, Tater Tots, Fruit<br><br>S: Pepperoni Roll Ups, Fruit   | July 17<br>B: Oatmeal, Toast, Fruit<br><br>L: Mac and Cheese, Asparagus, Fruit<br><br>S: Corn dog Muffin, Fruit                                      | July 18<br>B: Breakfast Burrito, Fruit<br><br>L: Lunch at the Baseball Game – Hot Dog, Chips and Beverage<br><br>S: Sherbet, Fruit  | July 19<br>B: Yogurt with Granola and Fruit, Bagels<br><br>L: Baked Mostacchioli, Green Beans, Fruit<br><br>SP English Muffin Pizza, Fruit   | July 20<br>B: Cinnamon Toast, Sausage, Fruit<br><br>L: Pepperoni Pizza, Carrots, Fruit<br><br>S: Fruit Kabob, Yogurt              |
| July 23<br>B: Scrambled Eggs, Toast, Fruit<br><br>L: Chicken Nuggets, Corn, Fruit<br>JKC/SP Sack Lunch: Sandwich, Chips, Fruit, Bottle of Water<br><br>S: Tortilla Pizza, Fruit | July 24<br>B: Muffins, Yogurt, Fruit<br><br>L: Grilled Cheese, Carrots, Fruit<br><br>S: Cheese, Crackers, Salami, Fruit                              | July 25<br>B: French Toast, Fruit<br><br>L: Chef Salad, Bread Sticks, Fruit<br><br>S: Turkey Roll Up, Fruit   | July 26<br>B: English Muffin Sandwich, Fruit<br><br>L: Cheese Ravioli, Green Beans, Fruit<br><br>S: Muffins, Fruit   | July 27<br>B: Scrambled Eggs, Ham, Fruit<br><br>L: Ham Sandwich, French Fries, Fruit<br><br>S: Veggies w/Hummus, Pretzels         |
| July 30<br>B: Fruit and Yogurt Parfait, Toast<br><br>L: Cheeseburger, Fries, Fruit<br><br>S: Fruit and Yogurt Parfaits, Rice Cakes  | July 31<br>B: Toad in a Hole, Fruit<br><br>L: Lunch at Lincoln Park Zoo – Hot Dog, Carrot, Fresh Fruit, Cookie<br><br>S: Applesauce, Graham Crackers | August 1<br>B: Breakfast Burrito, Fruit<br><br>L: Breakfast for Lunch Pancakes, Sausage, Hash Browns, Fruit<br><br>S: Cinnamon Crisps, Fruit Salsa  | August 2<br>B: Cinnamon Toast, Ham, Fruit<br><br>L: Mini Meatloaf, Mashed Potatoes, Fruit<br><br>S: Muffins, Fruit   | August 3<br>B: Chocolate Chip Pancakes, Fruit<br><br>L: French Bread Pizza, Green Beans, Fruit<br><br>S: Half Ham Sandwich, Fruit |

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| <p>August 6</p> <p>B: English Muffin Pizza,</p> <p>L: Baked Chicken, Potatoes, Fruit</p> <p>S: Veggies w/ Ranch, Pretzels</p>                  | <p>August 7</p> <p>B: Egg Ham and Cheese Breakfast Sliders, Fruit</p> <p>L: Mac and Cheese, Broccoli, Fruit</p> <p>HS: Camping Quesadilla, Carrots, Fruit</p> <p>S: Fruit Kabob, Yogurt</p> | <p>August 8</p> <p>B: Pigs in a Blanket, Fruit</p> <p>L: Meatball Subs, Green Beans, Fruit</p> <p>WC: Camping Quesadilla, Carrots, Fruit</p> <p>S: Popcorn, Fruit</p> | <p>August 9</p> <p>B: Yogurt and Granola, Fruit, Toast</p> <p>L: Grilled Cheese, Corn</p> <p>PP: Camping Quesadilla, Carrots, Fruit</p> <p>S: Pepperoni Roll Ups, Fruit</p> | <p>August 10</p> <p>B: French Toast, Fruit</p> <p>L: Choice of Hot Dog or Hamburger, Chips and Fruit</p> <p>S: Cheese, Crackers, Fruit</p> |
| <p>August 13</p> <p>B: Chocolate Chip Pancakes, Fruit</p> <p>L: Ham Sandwich, Cherry Tomatoes, Fruit</p> <p>S: English Muffin Pizza, Fruit</p> |   |   |   |  |