

# Jr. Camp Connection Menu

## June 2022



Monday	Tuesday	Wednesday	Thursday	Friday
		1 B: Pancakes, Fruit L: Chicken Nuggets, Tater Tots, Cucumbers, Fruit S: Cheese Cubes, Pretzels, Fruit	2 B: French Toast, Fruit L: Tacos, Corn, Fruit S: Veggie Sticks, Crackers, Fruit	3 B: Cinnamon Rolls, Fruit L: Hot Dogs, French Fries, Fruit S: Nutri-grain Bars, Fruit
6	Swim 7	8	9	Swim 10
B: Pancakes , Fruit L: Hamburgers, Fries, Carrots, Fruit S: Popcorn, Fruit	B: Breakfast Sandwich, Fruit L: Pizza, Snap Peas, Fruit S: Pretzels, Fruit	B: Toast, Fruit L: Hot Dog Lunch at Cougars Game S: Fruit Kabob, Yogurt	B: Waffles, Fruit L: Corn Dogs, Cucumbers, Fruit S: Veggies with Hummus, Fruit	B: Muffins, Fruit L: Grilled Cheese, Broccoli, Fruit S: S'more Snack Mix, Fruit
Swim 13	14	15	Swim 16	17
B: French Toast, Fruit L: Meatloaf, Tater Tots, Fruit S: Graham Crackers, Fruit	B: Oatmeal, Fruit L: Baked Chicken, Potatoes, Fruit S: Salami, Cheese Cubes, Fruit	B: Cinnamon Rolls, Fruit L: Quesadilla, Corn, Fruit S: Muffins, Fruit	B: Breakfast Tacos, Fruit L: Pasta with Meat Sauce, Breadsticks, Fruit S: Snack Mix, Fruit	B: Toast, Yogurt, Fruit L: Sack Lunch at PrairieFest Sandwich, Chips, Apple Popcorn, Fruit
20	Swim 21	Swim 22	23	24
B: Waffles, Fruit L: Hot Ham and Cheese Sandwiches, Broccoli , Fruit S: Graham Crackers, Fruit	B: Breakfast Sandwiches, Fruit L: Tacos, Corn Fruit S: Goldfish, Fruit	B: Pancakes, Fruit L: Pancakes, Sausage, Yogurt, Fruit S: Yogurt Parfait, Fruit	B: Muffins, Fruit L: Nacho Bar, Corn, Fruit S: Pudding, 'Nilla Waffers, Fruit	B: French Toast, Fruit L: Hamburger, French Fries, Fruit S: Veggies with Hummus, Fruit
Swim 27	Swim 28	29	30	Swim July 1
B: Oatmeal, Fruit L: Cheese Ravioli, Breadsticks , Fruit S: Frozen Yogurt Pops, Fruit	B: Toast, Yogurt, Fruit L: French Bread Pizza, Green Beans, Fruit S: Popcorn, Fruit	B: Breakfast Sandwiches, Fruit L: Sloppy Joe, French Fries, Fruit S: Muffins, Fruit	B: Cinnamon Rolls, Fruit L: Mac and Cheese, Broccoli, Fruit S: Pepperoni Roll Ups, Fruit	B: Pancakes, Fruit L: Chicken Nuggets, Carrots, Fruit S: Goldfish, Fruit