



# Lunch Menu



Week 1:  
June 27-July 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Entrée	No Camp	Mac & Cheese <span>(D G)</span>	Focaccia Pepperoni Pizza <span>(P D S G)</span>	Breakfast for Lunch: Pancakes & Turkey Sausage <span>(D E S G)</span>	Beef Cheeseburgers with Fixings (buns contain soy, gluten) <span>(D S G)</span>
Vegetarian Entrée		Mac & Cheese <span>(D G)</span>	Focaccia Cheese Pizza <span>(D S G)</span>	Breakfast for Lunch: Pancakes & Berries <span>(D E S G)</span>	Beyond Burger (contains coconut) on Bun (buns contain soy, gluten) <span>(S G)</span>
Allergen Free Entree		Gluten Free Pasta with Tomato Basil Sauce	Gluten Free & Dairy Free Pizza (contains coconut)	Allergen Free Waffles & Berries	Beyond Burger (contains coconut) on Gluten Free Bun
Rotating Specialty Sandwiches & Salads		Grilled Chicken & Swiss Club <span>(D S G)</span>	Kale Caesar Salad (contains fish) <span>(D E S G)</span>	Turkey & Cheddar Hero <span>(D S G)</span>	Garden Salad with Grilled Chicken & Croutons <span>(D S G)</span>
Side of the Day		Broccoli	Baby Carrots	Green Beans	Grape Tomatoes
Daily Whole & Cut Fruit		Orange Wedges	Pineapple	Clementines	Bananas

Each daily lunch will include a variety of supplemental items: individually packaged house sweetened yogurts, granola, fresh fruit, crudite, shredded cheese, sunflower butter and jelly sandwiches, cheese sandwiches, turkey sandwiches & plain pasta. Please note the breads and wraps used for the specialty sandwiches contain soy, and mayonnaise packets contain soy & egg. We offer a daily allergen-free entree void of all common allergens. On Fridays, we offer a homemade dessert (GF & DF dessert available).

NON-VEGETARIAN VEGETARIAN (D) CONTAINS DAIRY (G) CONTAINS GLUTEN (E) CONTAINS EGG (S) CONTAINS SOY (A) CONTAINS SESAME (P) CONTAINS PORK (C) CONTAINS CHICKPEA



# Lunch Menu



Week 2:  
July 4-8

Monday

Tuesday

Wednesday

Thursday

Friday

Main Entrée

No Camp July 4th

Pasta with Marinara Sauce

**D G**

Teriyaki Beef Meatballs with Rice

**D E S G**

Thin Crust Pepperoni Pizza

**P D S G**

Chicken Tenders with Mashed Potatoes

**D S G**

Vegetarian Entrée

Pasta with Marinara Sauce

**D G**

Spanish Style Rice & Beans

Thin Crust Cheese Pizza

**D S G**

Cheddar Grilled Cheese Sandwich

**D S G**

Allergen Free Entree

Rice Noodle Pomodoro with Broccoli

Summer Vegetable Quinoa Salad

Gluten Free & Dairy Free Pizza (contains coconut)

Asian Style Vegetable Rice Bowl with Roasted Chicken

Rotating Specialty Sandwiches & Salads

Steak & Cheddar Sub

**D S G**

Chef Salad Over Romaine with Turkey, Cubed Swiss & Hard Boiled Egg

**D E**

TBLT with Turkey Bacon on Kaiser

**S G**

Chicken Tenders Over Romaine with Cherry Tomatoes

**S G**

Side of the Day

Broccoli

Baby Carrots

Green Beans

Grape Tomatoes

Daily Whole & Cut Fruit

Orange Wedges

Pineapple

Clementines

Bananas

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**NON-VEGETARIAN** **VEGETARIAN** **D** CONTAINS DAIRY **G** CONTAINS GLUTEN **E** CONTAINS EGG **S** CONTAINS SOY **A** CONTAINS SESAME **P** CONTAINS PORK **C** CONTAINS CHICKPEA

# Lunch Menu

Week 3:  
July 11-15

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Entrée	Turkey Tacos with Fixings (tortillas contain soy, gluten) <span>D S G</span>	Bowtie Pasta with Creamy Pesto <span>D G</span>	Applegate Beef Hot Dogs (buns contain soy, gluten) <span>S G</span>	Chicken & Waffles <span>D E S G</span>	Focaccia Pepperoni Pizza <span>P D S G</span>
Vegetarian Entrée	Black Bean Tacos (tortillas contain soy, gluten) <span>D S G</span>	Bowtie Pasta with Olive Oil <span>G</span>	Cheddar Grilled Cheese Sandwich <span>D S G</span>	Three Bean Chili with Rice	Focaccia Cheese Pizza <span>D S G</span>
Allergen Free Entree	Rice & Lentil Grain Bowl with Roasted Chicken	Rice Noodles with Garlic Oil & Basil	Beyond Bratwurst (contains coconut) ON Gluten Free Buns	Quinoa Salad with Black Beans, Corn & Peppers	Gluten Free & Dairy Free Pizza (contains coconut)
Rotating Specialty Sandwiches & Salads	Chopped Salad with Grilled Chicken, Cucumbers, Tomatoes & Cheese <span>D</span>	Sliced Turkey on Croissant <span>D S G</span>	Grilled Steak Over Mixed Greens with Roasted Peppers	Grilled Chicken Ciabatta with Lettuce & Tomato <span>S G</span>	Turkey Cobb Salad with Turkey Bacon & Blue Cheese <span>D S G</span>
Side of the Day	Sliced Cucumbers	Broccoli	Baby Carrots	Green Beans	Grape Tomatoes
Daily Whole & Cut Fruit	Apples	Orange Wedges	Pineapple	Clementines	Bananas

Each daily lunch will include a variety of supplemental items: individually packaged house sweetened yogurts, granola, fresh fruit, crudite, shredded cheese, sunflower butter and jelly sandwiches, cheese sandwiches, turkey sandwiches & plain pasta. Please note the breads and wraps used for the specialty sandwiches contain soy, and mayonnaise packets contain soy & egg. We offer a daily allergen-free entree void of all common allergens. On Fridays, we offer a homemade dessert (GF & DF dessert available).

# Lunch Menu

Week 4:  
July 18-22

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Entrée	Chicken & Cheddar Quesadillas <b>(D S G)</b>	Pizza Cupcakes <b>(D S G)</b>	Breakfast for Lunch: French Toast & Turkey Sausage <b>(D E S G)</b>	Baked Ziti <b>(D G)</b>	Chicken Parmesan with Garlic Bread <b>(D S G)</b>
Vegetarian Entrée	Hot Cheese Quesadillas <b>(D S G)</b>	Pizza Cupcakes <b>(D S G)</b>	Breakfast for Lunch: French Toast & Berries <b>(D E S G)</b>	Baked Ziti <b>(D G)</b>	Popcorn Cauliflower with Ranch Dip <b>(G S E D)</b>
Allergen Free Entree	Black Bean, Corn & Chicken Quesadilla on Gluten Free Wrap <i>*contains coconut</i>	Gluten Free & Dairy Free Pizza (contains coconut)	Allergen Free Waffle & Berries	Rice Noodle Pomodoro with Broccoli	Quinoa Salad with Steak & Roasted Cherry Tomatoes
Rotating Specialty Sandwiches & Salads	Crispy Chicken, Turkey Bacon & Cheddar Sliders <b>(D S G)</b>	Classic Caesar Salad with Croutons (contains fish) <b>(D E S G)</b>	Roast Beef & Swiss on Kaiser <b>(D S G)</b>	Caprese Salad Over Arugula <b>(D)</b>	Grilled Chicken & American Cheese on Kaiser <b>(D S G)</b>
Side of the Day	Sliced Cucumbers	Broccoli	Baby Carrots	Green Beans	Grape Tomatoes
Daily Whole & Cut Fruit	Apples	Orange Wedges	Pineapple	Clementines	Bananas

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# Lunch Menu



Week 5:  
July 25-29

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Entrée	Swedish Turkey Meatballs with Mashed Potatoes <small>(D E S G)</small>	Mac & Cheese <small>(D G)</small>	Thin Crust Pepperoni Pizza <small>(P D S G)</small>	Beef Cheeseburgers with Fixings (buns contain soy, gluten) <small>(D S G)</small>	Cheese Tortellini with Tomato Basil Sauce <small>(D E S G)</small>
Vegetarian Entrée	Cheddar Grilled Cheese Sandwich <small>(D S G)</small>	Mac & Cheese <small>(D G)</small>	Thin Crust Cheese Pizza <small>(D S G)</small>	Beyond Burger (contains coconut) on Bun (buns contain soy, gluten) <small>(S G)</small>	Cheese Tortellini with Olive Oil <small>(G S E D)</small>
Allergen Free Entree	Summer Vegetable Quinoa Salad	Rice Noodles with Garlic Oil & Basil	Gluten Free & Dairy Free Pizza (contains coconut)	Beyond Burger (contains coconut) on Gluten Free Bun	Gluten Free Pasta with Tomato Basil Sauce
Rotating Specialty Sandwiches & Salads	Chef Salad Over Romaine with Turkey, Cubed Swiss & Hard Boiled Egg <small>(D E)</small>	Roast Beef & Provolone Sub <small>(D S G)</small>	Chopped Salad with Grilled Chicken, Cucumbers, Tomatoes & Cheese <small>(D)</small>	Turkey & Cheddar Hero <small>(D S G)</small>	Garden Salad with Grilled Chicken & Croutons <small>(D S G)</small>
Side of the Day	Sliced Cucumbers	Broccoli	Baby Carrots	Green Beans	Grape Tomatoes
Daily Whole & Cut Fruit	Apples	Orange Wedges	Watermelon	Clementines	Bananas

Each daily lunch will include a variety of supplemental items: individually packaged house sweetened yogurts, granola, fresh fruit, crudite, shredded cheese, sunflower butter and jelly sandwiches, cheese sandwiches, turkey sandwiches & plain pasta. Please note the breads and wraps used for the specialty sandwiches contain soy, and mayonnaise packets contain soy & egg. We offer a daily allergen-free entree void of all common allergens. On Fridays, we offer a homemade dessert (GF & DF dessert available).

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# Lunch Menu

Week 6:  
August 1-5

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Entrée	Chicken Tenders with Tater Tots (S, G)	Teriyaki Beef Meatballs with Rice (D, E, S, G)	Breakfast for Lunch: Pancakes & Turkey Sausage (D, E, S, G)	Focaccia Pepperoni Pizza (P, D, S, G)	Bowtie Pasta with Creamy Parmesan Sauce & Peas (D, G)
Vegetarian Entrée	Cheddar Grilled Cheese Sandwich (G, S, D)	Spanish Style Rice & Beans	Breakfast for Lunch: Pancakes & Berries (D, E, S, G)	Focaccia Cheese Pizza (D, S, G)	Bowtie Pasta with Olive Oil (G)
Allergen Free Entree	Asian Style Vegetable Rice Bowl with Roasted Chicken	Quinoa Salad with Black Beans, Peppers & Corn	Allergen Free Waffles & Berries	Gluten Free & Dairy Free Pizza (contains coconut)	Rice Noodles with Garlic Oil & Basil
Rotating Specialty Sandwiches & Salads	Caprese Sandwich on Ciabatta (D, S, G)	Kale Chicken Caesar Salad with Croutons (contains fish) (D, E, S, G)	Steak & Cheddar Sub (D, S, G)	Chicken Tenders Over Romaine with Grape Tomatoes (S, G)	TBLT with Turkey Bacon on Kaiser (S, G)
Side of the Day	Sliced Cucumbers	Broccoli	Baby Carrots	Green Beans	Grape Tomatoes
Daily Whole & Cut Fruit	Apples	Orange Wedges	Pineapple	Clementines	Bananas

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# Lunch Menu

Week 7:  
August 8-12

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Entrée	Turkey Tacos with Fixings (tortillas contain soy, gluten) <span>D S G</span>	Pasta with Marinara Sauce <span>D G</span>	Applegate Beef Hot Dogs (buns contain soy, gluten) <span>S G</span>	Herb Roasted Chicken with Rice	Pizza Cupcakes <span>D S G</span>
Vegetarian Entrée	Black Bean Tacos (tortillas contain soy, gluten) <span>D S G</span>	Pasta with Olive Oil <span>G</span>	Cheddar Grilled Cheese Sandwich <span>D S G</span>	Three Bean Chili with Rice	Pizza Cupcakes <span>D S G</span>
Allergen Free Entree	Quinoa & Lentil Grain Bowl with Roasted Chicken	Rice Noodle Pomodoro with Broccoli	Beyond Bratwurst (contains coconut) on Gluten Free Buns	Three Bean Chili with Rice	Gluten Free & Dairy Free Pizza (contains coconut)
Rotating Specialty Sandwiches & Salads	Turkey Cobb Salad with Turkey Bacon & Blue Cheese <span>D S G</span>	Grilled Chicken Ciabatta with Lettuce & Tomato <span>S G</span>	Caprese Salad Over Arugula <span>D</span>	Sliced Turkey, Lettuce & Tomato on Croissant <span>D S G</span>	Chopped Salad with Grilled Chicken, Cucumbers, Tomatoes & Cheese <span>D</span>
Side of the Day	Sliced Cucumbers	Broccoli	Baby Carrots	Green Beans	Grape Tomatoes
Daily Whole & Cut Fruit	Apples	Orange Wedges	Watermelon	Clementines	Bananas

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# Lunch Menu

Week 8:  
August 15-19

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Entrée	Garlic Butter Glazed Turkey Meatballs with Egg Noodles <small>D E S G</small>	Thin Crust Pepperoni Pizza <small>P D S G</small>	Breakfast for Lunch: French Toast & Turkey Sausage <small>D E S G</small>	Beef & Cheddar Quesadillas <small>D S G</small>	Baked Ziti <small>G D</small>
Vegetarian Entrée	Egg Noodles with Roasted Summer Vegetables & Olive Oil <small>E G</small>	Thin Crust Cheese Pizza <small>D S G</small>	Breakfast for Lunch: French Toast & Berries <small>D E S G</small>	Hot Cheese Quesadillas <small>D S G</small>	Baked Ziti <small>G D</small>
Allergen Free Entree	Gluten Free Pasta with Roasted Summer Vegetables & Olive Oil	Gluten Free & Dairy Free Pizza (contains coconut)	Allergen Free Waffle & Berries	Beef, Black Bean & Corn Quesadillas on Gluten Free Wrap (contains coconut)	Rice Noodles with Garlic Oil & Basil
Rotating Specialty Sandwiches & Salads	Crispy Chicken, Turkey Bacon & Cheddar Sliders <small>D S G</small>	Grilled Steak Over Mixed Greens with Roasted Peppers	Grilled Chicken & American Cheese on Kaiser <small>D S G</small>	Classic Caesar Salad with Croutons (contains fish) <small>D E S G</small>	Roast Beef & Swiss on Kaiser <small>D S G</small>
Side of the Day	Sliced Cucumbers	Broccoli	Baby Carrots	Green Beans	Grape Tomatoes
Daily Whole & Cut Fruit	Apples	Orange Wedges	Pineapple	Clementines	Bananas

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