

Summer Camp - Small Blessings Menu – Four Week Rotation

WEEK 1	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday 1	Apples with digestive cookie Water	Whole wheat spaghetti with vegetable & meat sauce Slice of multi-grain bread Melon wedges Milk	Homemade bits & bites with cheerios/ life cereal/shreddies/multi-grain goldfish 100% fruit juice
Tuesday 1	Graham crackers with honey Milk	Chicken and rice casserole with peas Homemade orange/pineapple muffin Milk	Fresh fruit tray – minimum 3 fruit Digestive cookie Water
Wednesday 1	Yogurt with seasonal fresh fruit Water	Tuna melt on whole wheat english muffin Peaches in juice Milk	Cinnamon quick bread with apple Water
Thursday 1	Melon (2 varieties) with graham wafer Water	Chicken breast with potatoes and carrots Watermelon wedges Milk	Multi-grain bagel with honey 100% fruit juice
Friday 1	Bananas & Digestive Cookie Water	Ham, broccoli & cheese quiche Multi-grain bread Juice popsicle Milk	Popcorn Veggies and tzatziki dip Water

WEEK 2	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday 2	Yogurt with seasonal fresh fruit Water	Whole wheat english muffin pizza with meat sauce, veggies & cheese topping Apple sauce Milk	Dry whole grain cereal mix and popcorn 100% fruit juice
Tuesday 2	Melon (2 varieties) with graham wafer Water	Fish sticks with rice & green bean Yogurt & fruit popsicle Milk	Pita triangles with hummus & salsa Milk
Wednesday 2	Banana bread 100% fruit juice	Ham, mashed potatoes and carrots Melon wedges Milk	Multi-grain bagels and honey Water
Thursday 2	Toasted cinnamon pita with applesauce dip Water	Chicken and broccoli alfredo with whole wheat pasta Watermelon wedges Milk	Banana & graham wafers Water
Friday 2	Fresh fruit tray – minimum 3 fruit Water	Hamburger sliders and veggies with tzatziki dip Bananas Milk	Apples, oranges & bananas Water

WEEK 3	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday 3	Dry whole grain cereal mix 100% fruit juice	Chili with veggies & ground beef Multi-grain bread Banana Milk	Bananas and oranges Water
Tuesday 3	Yogurt with seasonal fresh fruit Water	Ham and roast potatoes with carrots Watermelon wedges Milk	Apples and digestive cookie Water
Wednesday 3	Fresh fruit tray – 3 fruits Graham crackers Water	Homemade macaroni & cheese with tuna salad Bananas Milk	Homemade bits & bites with cheerios/ life cereal/shreddies/multi-grain goldfish 100% fruit juice
Thursday 3	Melon (2 varieties) with graham wafer Water	White meat chicken nuggets, rice and green beans Fruit juice pop Milk	Fresh vegetable tray with tzatziki dip Milk
Friday 3	Peaches in juice with digestive cookie Water	Egg salad and chicken salad sandwiches on multi-grain bread Melon wedges Milk	Popcorn Veggies and tzatziki dip Water

WEEK 4	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday 4	Bananas and digestive cookie Water	Chicken vegetable rice soup Grilled cheese on multi-grain bread Digestive cookie Milk	Pita triangles with hummus or salsa 100% fruit juice
Tuesday 4	Multi-grain bagels with whipped cream cheese & fruit Water	Shepherd's pie with mixed vegetables Bananas Milk	Fruit tray – 3 fruits & graham crackers Water
Wednesday 4	Melon (2 varieties) with graham wafer Water	Tuna and egg noodle casserole with peas Banana bran muffin Milk	Apples and digestive cookie Water
Thursday 4	Fresh fruit tray – 3 fruits Milk	Veggie egg bake with cheese, spinach, carrot & hash browns Ginger crisp cookie Milk	Vegetables with tzatziki dip and multi-grain crackers Water
Friday 4	Toasted cinnamon pita with applesauce dip Water	Hamburger soup with barley and veggies with slice of multi-grain bread Yogurt & fruit pop Milk	Dry whole grain cereal mix Popcorn 100% fruit juice

Substitutions: For children under 3 years, vegetables will be blanched. Honey will not be served to infants under 12 months. Infant and toddlers will have whole milk while 2% milk will be served to two years and up.