SUMMER CAMP MENU

WEEK 1 ☒ 2 ☐

	REQUIRED COMPONENTS	DAY 1 Food Item	DAY 1 Portion Size	DAY 2 Food Item	DAY 2 Portion Size	DAY 3 Food Item	DAY 3 Portion Size	DAY 4 Food Item	DAY 4 Portion Size	DAY 5 Food Item	DAY 5 Portion Size
BFAST	1. Juice or Fruit or Vegetables (2)	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.
	2. Bread or Alternate (3)	Frosted Flakes Cold Cereal	1 serv.	BANANA MUFFIN	1 serv.	Tooty Fruity Cold Cereal	1 serv.	BLUEBERRY MUFFIN	1 serv.	Golden Grahams	1 serv.
	3. Milk	2% White MILK	8 ozs.	2% White MILK	8 ozs.	2% White MILK	8 ozs.	2% White MILK	8 ozs.	2% White MILK	8 ozs.
LUNCH	1. Meat or Alternate (1)	PEANUT BUTTER (2TPS) Mozzarella CHEESE STICK	2 ozs.	SALAMI, HAM & White American CHEESE	2 ozs.	TURKEY BREAST & Yellow American CHEESE	2 ozs.	TUNA SALAD	2 ozs.	HAM & White American CHEESE	2 ozs.
	2. Juice or Fruit or Vegetable (2)	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.
	3. Fruit or Vegetable	APPLE WEDGES	1/4 c / 2ozs.	MIXED FRUIT COCKTAIL	1/4 c / 2ozs.	APPLE SAUCE	1/4 c / 2ozs.	MINI CARROTS	1/4 c / 2ozs.	PEACHES	1/4 c / 2ozs.
	4. Bread or Alternate (3)	STRAWBERRY JELLY UNCRUSTABLE	1 serv.	HAMBURGER BUN	1 serv.	WHEAT BREAD	1 serv.	HAMBURGER BUN	1 serv.	WHEAT BREAD	1 serv.
	5. Milk	2% Chocolate MILK	8 ozs.	2% Chocolate MILK	8 ozs.	2% Chocolate MILK	8 ozs.	2% Chocolate MILK	8 ozs.	2% Chocolate MILK	8 ozs.

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	REQUIRED COMPONENTS	DAY 1 Food Item	DAY 1 Portion Size	DAY 2 Food Item	DAY 2 Portion Size	DAY 3 Food Item	DAY 3 Portion Size	DAY 4 Food Item	DAY 4 Portion Size	DAY 5 Food Item	DAY 5 Portion Size
BFAST	1. Juice or Fruit or Vegetables (2)	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.
	2. Bread or Alternate (3)	Tooty Fruity Cold Cereal	1 serv.	BLUEBERRY MUFFIN	1 serv.	Cinnamon Toast Cold Cereal	1 serv.	BANANA MUFFIN	1 serv.	Frosted Flakes Cold Cereal	1 serv.
	3. Milk	2% White MILK	8 ozs.	2% White MILK	8 ozs.	2% White MILK	8 ozs.	2% White MILK	8 ozs.	2% White MILK	8 ozs.
LUNCH	1. Meat or Alternate (1)	PEANUT BUTTER (2TPS) &Mozzarella CHEESE STICK	2 ozs.	TURKEY BREAST & Yellow American CHEESE	2 ozs.	HAM & White American CHEESE	2 ozs.	TURKEY PASTRAMI	2 ozs.	SALAMI, HAM & White American CHEESE	2 ozs.
	2. Juice or Fruit or Vegetable (2)	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.	100% FRUIT JUICE Assorted Variety	1/2 c / 4ozs.
	3. Fruit or Vegetable	MIXED FRUIT COCKTAIL	1/4 c / 2ozs.	PEACHES	1/4 c / 2ozs.	APPLE WEDGES	1/4 c / 2ozs.	MINI CARROTS	1/4 c / 2ozs.	APPLE SAUCE	1/4 c / 2ozs.
	4. Bread or Alternate (3)	GRAPE JELLY UNCRUSTABLE	1 serv.	WHEAT BREAD	1 serv.	WHITE BREAD	1 serv.	WHEAT BREAD	1 serv.	HAMBURGER BUN	1 serv.