

## CONGRESSIONAL SUMMER CAMP - July 4th - July 8th

July 04	July 05	July 06	July 07	July 08
<u>AM FRUIT</u> 	<u>AM FRUIT</u> Seedless Watermelon Pre-sliced	<u>AM FRUIT</u> Banana 1 PER CHILD	<u>AM FRUIT</u> Seedless Grapes Plucked & Rinsed	<u>AM FRUIT</u> Fresh Orange Wedges 4ea Pre Sliced
<b>HAPPY 4TH OF JULY</b>				
<u>LUNCH</u> 	<u>LUNCH</u> <u>"Breakfast for Lunch"</u> Bmilk Pancakes ,Scrambled Eggs, Turkey Sausage Bacon, Potatoes,WG Muffins, Cereal Bowls Einstein Honey Wheat Bagels, Cream Cheese <b>SALAD BARS W/ FRESH FRUIT</b> <b>ASSORTED SANDWICHES</b>	<u>LUNCH</u> <u>Burger Day!!!</u> All Natural Beef Hamburger, Bacon Burger Cheese, Turkey, Veggie Burgers Veggie Baked Beans, Salads, Chips <b>SALAD BARS W/ FRESH FRUIT</b> <b>ASSORTED SANDWICHES</b>	<u>LUNCH</u> <u>Conqueso Bar</u> Beef Nacho Meat, Refried Beans Warm Nacho Cheese, Tostitos All the toppings <b>SALAD BARS W/ FRESH FRUIT</b> <b>ASSORTED SANDWICHES</b>	<u>LUNCH</u> <u>Papa John's Pizza</u> Cheese Pizza Pepperoni Pizza <b>SALAD BARS W/ FRESH FRUIT</b> <b>ASSORTED SANDWICHES</b>
<u>MILK SQUAD</u> 	<u>MILK SQUAD</u> Keebler Gripz Chocolate Chip Bites, 1ea 100% White Grapes Juice, 3/4c no dyes/no added sugar	<u>MILK SQUAD</u> Tostitos, 1ea Salsa Dole Diced Pears in Juice, 1ea (NON-GMO)	<u>MILK SQUAD</u> Whole Grain Cheez It's, 1ea Fresh Sliced Watermelon, 1sl	<u>MILK SQUAD</u> White Cheddar Popcorn, 1ea 100% Cran-Apple Juice, 3/4c no dyes/no added sugar
<u>EXTENDED HR SNACK</u> 	<u>EXTENDED HR SNACK</u> Simply Go-Gurt Strawberry/Banana Yogurt, 1ea Fruit Cup, 1 ea	<u>EXTENDED HR SNACK</u> White Cheddar Popcorn, 1ea 100% Cran-Apple Juice, 3/4c no dyes/no added sugar	<u>EXTENDED HR SNACK</u> Rice Krispie Treats, 1ea Fresh Banana, 1ea 	<u>EXTENDED HR SNACK</u> WG Keebler Elf Grahams Cinnamon, 1ea Fresh Sliced Watermelon, 1sl

Portions meet CACFP requirements for 6 to 12 years olds. All alternates discussed on an individual basis as needed.

Specializing in Day Care and School Lunch Programs and Business and Office Luncheons

8 oz milk required with each meal.