
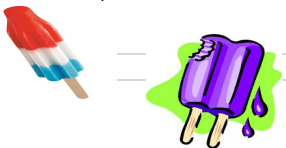


# Great Adventures Camp - July 11th - July 15th 2016

July 11	July 12	July 13	July 14	July 15
				
<b><u>LUNCH</u></b> Teriyaki Chicken Strips, 3ea Multi Grain rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Orange Wedges, 2ea	<b><u>LUNCH</u></b> All Natural Beef Hamburger Patty, 1ea on a Roll w/ no HFC Ketchup, 1ea Sweet Yellow Corn, 1/4c Seedless Grapes, 3/8c	<b><u>LUNCH</u></b> Chicken Fajitas, 1/3c Whole Wheat Tortilla, 1ea Shred Cheddar & Salsa, 1/2oz Steamed Green Beans, 1/4c Fresh Fruit Salad, 3/8c	<b><u>LUNCH</u></b> Turkey Corn Do Nuggets, 4ea W/ no HFC Ketchup Oven Roasted Potatoes, 1/4c Fresh Banana, 1/2ea	<b><u>LUNCH</u></b> All Natural Turkey Breast Sandwich, 1/2ea 1 1/2 oz Turkey - mayo on side Chips, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Fruit Salad, 3/8c
<b>Egg Rolls</b>	<b>Vegetarian Burger</b>	<b>Black Beans</b>	<b>Veggie Refried Beans cheese on side</b>	<b>Vegetarian Orzo</b>
<b><u>AM SNACK</u></b> Toastio's Cereal, 3/4c Milk, 1/2c	<b><u>AM SNACK</u></b> Graham Crackers, 2ea Fresh Banana, 1/2ea	<b><u>AM SNACK</u></b> Hard Boiled Egg, 1ea Seedless Grapes, 1/2c	<b><u>AM SNACK</u></b> Vanilla Yogurt, 1/2c Fresh Orange Wedges, 1/2c	<b><u>AM SNACK</u></b> Fresh Baked Banana Bread, 1sl Milk, 12c
<b><u>PM SNACK</u></b> Fresh Apple Slices, 1/2c Sun Butter, 1 TBLSP	<b><u>PM SNACK</u></b> Ritz Crackers, 6ea Hummus, 1/2oz	<b><u>PM SNACK</u></b> Fresh All Natural Mozzarella, 3ea Cherry Tomatoes, 6ea	<b><u>PM SNACK</u></b> Whole Grain Goldfish, 1pkt Fresh Celery Sticks, 3ea	<b><u>PM SNACK</u></b> Ritz Crackers, 6ea String Cheese, 1ea
<b><u>EXTENDED SNACK</u></b> Mott's Applesauce, 1ea Betty Crocker Chocolate Chip Oatmeal Bar, 1ea	<b><u>EXTENDED SNACK</u></b> Fresh Baked Banana Bread, 1sl Fresh Orange Wedges, 1/2c	<b><u>EXTENDED SNACK</u></b> Vanilla Yogurt, 1/2c Seedless Watermelon, 1sl	<b><u>EXTENDED SNACK</u></b> Quinoa Chips - Sea Salt (non-gmo), 1/3c Fresh Cantaloupe, 1sl	<b><u>EXTENDED SNACK</u></b> Popsicles, 1ea  

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.