



CONGRESSIONAL SUMMER CAMP - AM Fresh Fruit Menu - 2015

		June July and August		
APPLES VARIETY OF KINDS Gala, Red Delicious, Golden Delicious	SEEDLESS WATERMELON	BANANAS 1/2 PER CHILD	SEEDLESS GRAPES	FRESH ORANGE WEDGES 1/2 PER CHILD

SALAD BAR DAILY (i.e. Assorted Salads, Carrot Sticks, Ranch & 1000 Island Dressings, Peanut Butter & Jelly Sandwiches, Pickle Spears, Jello, Assorted Fruits (fresh or canned), Dessert or Menu Specific Items)).

Portions meet CACFP requirements for 6 to 12 years olds. All alternates discussed on an individual basis as needed.
8 oz milk required with each meal.