

Summer Camp Lunch and Snack Menu 2019

Monday:

Snack: Bear Paws 100% Fruit Juice

Lunch: Sliced Chicken on a Brioche bun, Fresh Fruit & Veggies, Blueberry-Brown Sugar Cookies

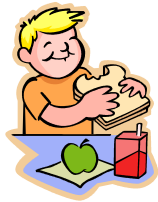
Snack: Kettle cooked Popcorn and Milk

Tuesday:

Snack: Pineapple Muffin, 100% Juice

Lunch: Smoked Lean Turkey and Cheddar Wrap Fresh fruit & Veggies, Double Chocolate Cookie

Snack: Yogurt Tubes and Milk



Wednesday:

Snack: Apple Cinnamon Muffin, 100% Fruit Juice

Lunch: Egg Salad Sandwich, Fresh Fruit & Veggies, Granola Bar

Snack: Sun Chips and Milk

Thursday:

Snack: Blueberry Muffin, 100% Juice

Lunch: Smoked Sliced Turkey on a Hoagie Flat Bread, Fresh Fruit & Veggies, Cranberry-Lemon Cookies

Snack: Pretzels, Milk

Friday:

Snack: Banana Chocolate Chip Muffin, 100% Juice

Lunch: Crispy Chicken Wrap, Fresh Fruit & Veggies, Oatmeal Cookie

Snack: Marble Cheese portions and crackers, Milk

A Note from Our Kitchen:

I hope your children enjoy the lunches and snacks this summer. While realizing every child has foods they love and foods they may dislike, if you have any serious concerns or questions about this menu, please feel free to contact me at **519-434-9115 x 234**. I have not been specific with the type of fruit served with lunch, as my produce supplier sends me whatever is freshest and seasonal. This may include bananas, plums, grapes, oranges, apples and nectarines. Vegetables include Carrots, Cucumber, Celery and Cherry Tomatoes.

Nut Allergies/Other Allergens: Although we do not serve products with nut ingredients, some items are produced in facilities that process nuts, and therefore may contain traces of nuts. Our kitchen and program rooms are used by outside groups that may consume nut products on the premises. Please provide detailed allergy information on your child's registration form, as **last minute restrictions may not be possible to accommodate.** Unless we have been informed about your child's allergies, we do not know about them!

Marieke Graham, Chef/Food Programs Coordinator