













AMP HARBOR 2022







DAILY CHOICES:
A = MAC & CHEESE
W/ BROCCOLI

B= GRILLED CHEESE W/ MIXED FRUIT

C = GARDEN CHICKEN SALAD GRILLED CHICKEN, TOMATOES, CUCUMBERS, & AVOCADO OVER ROMAIN

LUNCH IS \$6.75
INCLUDES BOTTLE OF WATER

CHECK OFF 1 OPTION 1, 2, A, B or C FOR EACH DAY

Catered by:



FREE PIZZA FOR ALL

CAMPERS ON FRIDAYS



Monday	Tuesday	Wednesday	Thursday
A B C 1 PENNE ALA VODKA	A B C BEEF TACO WRAP	A B C 1 BACON, EGG AND CHEESE ON A	A B C 1 CHEESE STEAK WRAP
W/ CAESAR SALAD	W/ CARROT STICKS	ROLL W/ BANANA	W/ POTATO SALAD
2 CHICKEN & BROCCOLI	2 CHICKEN QUESADILLAS	2 PANCAKES	2 CHICKEN SALAD WRAP
OVER PASTA	W/ CARROT STICKS	W/BANANA	W/ POTATO SALAD
4	5 A B C	6 A B C	7 A B C
on with the state of the state	1 STEAK FAJITA WRAP	1 FRENCH TOAST BAGEL W/CREA	1 GRILLED CHICKEN, MOZZ, ROASTEI
this is	W/ CORN SALSA	CHEESE W/ MIXED BERRIES	PEPPERS ON A ROLL W/ MIXED
	2 CHICKEN FAJITA WRAP	2 COCOA PANCAKES	2 AMERICAN HERO
	W/ CORN SALSA	W/MIXED BERRIES	W/ MIXED FRUIT
10 A B C	11 A B C	12 A B C	13 A B C
1 CHICKEN FINGER	1 CHICKEN TACO WRAP	1 FRENCH TOAST STICKS	1 SAUSAGE & PEPPERS ON A
W/ TATER TOTS	W/ CORN	W/ MIXED FRUIT	ROLL W/ APPLE SMILES
2 CHEESEBURGER	2 BLACK BEAN & SPINACH	2 BAGEL W/ CREAM CHEESE	2 ITALIAN HERO
W/ TATER TOTS	QUESADILLA W/ CORN	& MIXED FRUIT	W/ APPLE SMILES
18 A B C	19 A B C	20 A B C	21 A B C
1 RAVIOLI	1 STEAK QUESADILLA	1 SPINACH, EGGS & AVOCADO	1 TURKEY & AMERICAN ON A
W/ CAESAR SALAD	W/ GUACAMOLE	WRAP W/ APPLE SMILES	ROLL W/ MIXED FRUIT
2 SPAGHETTI & MEATBALL	2 CHICKEN CAESAR SALAD	2 HAM EGG & CHEESE ON A	2 GRILLED CHICKEN, BLT ON A
		ROLL W/ APPLE SMILES	ROLL W/ MIXED FRUIT
25 A B C	26 A B C	27 A B C	30 A B C
1 TURKEY BURGER	1 VEGETARIAN CHILI	1 FRENCH TOAST STICKS	1 HAM & AMERICAN CHEESE
W/ MACARONI SALAD	W/ TORTILLA CHIPS	W/ ORANGE	ON A ROLL W/ WATERMELON
2 PULLED PORK ON A ROLL	2 TACO SALAD	2 SAUSAGE EGG & CHEESE ON A	2 TURKEY CLUB
W/ MACARONI SALAD		ROLL W/ ORANGE	W/ WATERMELON
1 A B C BAKED ZITI	A B C BEEF TACO WRAP	A B C 1 BAGEL W CREAM CHEESE	A B C 1 MEATBALL PARM HERO
W/ SALAD	W/ CARROT STICKS	W/ MIXED BERRIES	W/ PASTA SALAD
2 CHICKEN CAESAR SALAD	2 SPINACH & BLACK BEAN	2 PANCAKES	2 CHICKEN PARM HERO
	QUESADILLA W/ CARROT STICK	S W/ MIXED BERRIES	W/ PASTA SALAD
8 A B C	9 A B C	10 A B C	11 A B C
1 FISH STICKS	1 CHICKEN TACO WRAP	1 BACON , EGG & CHEESE ON A	1 AMERICAN HERO
W/ FRENCH FRIES	W /BLACK BEAN SALSA	ROLL W/ MIXED BERRIES	W/ MACARONI SALAD
2 CHICKEN FINGERS	2 CHEESE QUESADILLA	2 POTATO EGG & CHEESE WRAP	2 ITALIAN HERO
W/ FRENCH FRIES	W/ BLACK BEAN SALSA	W/ MIXED BERRIES	W/ MACARONI SALAD

ALL LUNCHES ARE PREORDERED. PLEASE HAVE MENUS IN BY WEDNESDAY THE WEEK PRIOR. THANK YOU!

NAME	GROUP	NUMBER of LUNCHES	CHECK #	