**June 2023-Summer Camp Menu**

<table>
<thead>
<tr>
<th>Monday-6/19</th>
<th>Tuesday-6/20</th>
<th>Wednesday-6/21</th>
<th>Thursday-6/22</th>
<th>Friday-6/23</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole Grain Cereal</td>
<td>Whole Grain Cereal</td>
<td>Whole Grain Cereal</td>
<td>Whole Grain Cereal</td>
<td>Whole Grain Cereal</td>
</tr>
<tr>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
</tr>
<tr>
<td>100% Apple Fruit Juice</td>
<td>100% Apple Fruit Juice</td>
<td>100% Apple Fruit Juice</td>
<td>100% Apple Fruit Juice</td>
<td>100% Apple Fruit Juice</td>
</tr>
<tr>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
</tr>
<tr>
<td>White Skim Milk</td>
<td>White Skim Milk</td>
<td>White Skim Milk</td>
<td>White Skim Milk</td>
<td>White Skim Milk</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nacho Fun Lunch with Tostitos Scoops, Salsa &amp; Cheddar Cheese</td>
<td>Boarshead Turkey &amp; Cheese Deli Sandwich</td>
<td>Boarshead Italian Combo Deli Sandwich</td>
<td>Muffin Fun Lunch, with Cheddar Goldfish, String Cheese &amp; Yogurt Sandwich</td>
<td></td>
</tr>
<tr>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td></td>
</tr>
<tr>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
</tr>
<tr>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
</tr>
<tr>
<td>Or Chocolate Skim Milk</td>
<td>Or Chocolate Skim Milk</td>
<td>Or Chocolate Skim Milk</td>
<td>Or Chocolate Skim Milk</td>
<td>Or Chocolate Skim Milk</td>
</tr>
</tbody>
</table>

All meals served with milk

*This institution is an equal opportunity provider.*

Vegetarian

Locally Grown

chartwells serving up happy & healthy
# June 2023-Summer Camp Menu

## Breakfast

<table>
<thead>
<tr>
<th>Monday-6/26</th>
<th>Tuesday-6/27</th>
<th>Wednesday-6/28</th>
<th>Thursday-6/29</th>
<th>Friday-6/30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grain Cereal</td>
<td>Whole Grain Cereal</td>
<td>Whole Grain Cereal</td>
<td>Whole Grain Cereal</td>
<td>Whole Grain Cereal</td>
</tr>
<tr>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
</tr>
<tr>
<td>100% Fruit Juice</td>
<td>100% Fruit Juice</td>
<td>100% Fruit Juice</td>
<td>100% Fruit Juice</td>
<td>100% Fruit Juice</td>
</tr>
<tr>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
</tr>
<tr>
<td>White Skim Milk</td>
<td>White Skim Milk</td>
<td>White Skim Milk</td>
<td>White Skim Milk</td>
<td>White Skim Milk</td>
</tr>
</tbody>
</table>

## Lunch

<table>
<thead>
<tr>
<th>Monday-6/26</th>
<th>Tuesday-6/27</th>
<th>Wednesday-6/28</th>
<th>Thursday-6/29</th>
<th>Friday-6/30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagel Fun Lunch, with Yogurt and String Cheese</td>
<td>Nacho Fun Lunch with Tostitos Scoops, Salsa &amp; Cheddar Cheese</td>
<td>Boarshead Turkey &amp; Cheese Deli Sandwich</td>
<td>Boarshead Italian Deli Combo Sandwich</td>
<td>Muffin Fun Lunch, with Cheddar Goldfish, String Cheese &amp; Yogurt</td>
</tr>
<tr>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
</tr>
<tr>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
</tr>
<tr>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
</tr>
<tr>
<td>Or Chocolate Skim Milk</td>
<td>Or Chocolate Skim Milk</td>
<td>Or Chocolate Skim Milk</td>
<td>Or Chocolate Skim Milk</td>
<td>Or Chocolate Skim Milk</td>
</tr>
</tbody>
</table>

*All meals served with milk

This institution is an equal opportunity provider.
# July 2023-Summer School Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Cinnamon Cream Cheese Stuffed Bagel, Assorted Fresh Fruit, 100% Fruit Juice, 1% White Milk, White Skim Milk</td>
<td>Beef Hot Dog on a Whole Grain Bun, OR Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks, With Assorted Fruit Cup &amp; Fresh Whole, 1% White Milk, Or Chocolate Skim Milk, Ketchup &amp; Mustard Packet</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Whole Grain Waffles, Assorted Fresh Fruit, 100% Fruit Juice, 1% White Milk, White Skim Milk</td>
<td>Chicken Patty Sandwich on a Whole Grain Bun, OR Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks, With Assorted Fruit Cup &amp; Fresh Whole, 1% White Milk, Or Chocolate Skim Milk, Mayonnaise &amp; Mustard Packet</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Whole Grain Apple Frudel, Assorted Fresh Fruit, 100% Fruit Juice, 1% White Milk, White Skim Milk</td>
<td>Choice of Cheese or Pepperoni Pizza, OR Sunbutter &amp; Jelly Sandwich, with String Cheese, Carrots or Celery Sticks, With Assorted Fruit Cup &amp; Fresh Whole</td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*This institution is an equal opportunity provider. All meals served with milk. Vegetarian. Locally Grown.*
## July 2023-Summer School Menu

### Breakfast

<table>
<thead>
<tr>
<th>Monday-7/10</th>
<th>Tuesday-7/11</th>
<th>Wednesday-7/12</th>
<th>Thursday-7/12</th>
<th>Friday-7/13</th>
</tr>
</thead>
</table>
| Mini Maple Pancakes  
Assorted Fresh Fruit  
100% Fruit Juice  
1% White Milk  
White Skim Milk | Plain Bagel, Strawberry Yogurt & String Cheese  
Assorted Fresh Fruit  
100% Fruit Juice  
1% White Milk  
White Skim Milk | Breakfast Pizza with Turkey Sausage  
Assorted Fresh Fruit  
100% Fruit Juice  
1% White Milk  
White Skim Milk | Cinnamon Rush Whole Grain Mini French Toast  
Assorted Fresh Fruit  
100% Fruit Juice  
1% White Milk  
White Skim Milk | Whole Grain Cherry Frudel  
Assorted Fresh Fruit  
100% Fruit Juice  
1% White Milk  
White Skim Milk |

### Lunch

<table>
<thead>
<tr>
<th>Monday-7/10</th>
<th>Tuesday-7/11</th>
<th>Wednesday-7/12</th>
<th>Thursday-7/12</th>
<th>Friday-7/13</th>
</tr>
</thead>
</table>
| Meatball Sub Sandwich  
OR  
Sunbutter & Jelly Sandwich, with String Cheese & Carrot Sticks or Celery Sticks  
With Assorted Fruit Cup & Fresh Whole  
1% White Milk  
Or Chocolate Skim Milk | Popcorn Chicken  
OR  
Sunbutter & Jelly Sandwich, with String Cheese & Carrot Sticks or Celery Sticks  
With Assorted Fruit Cup & Fresh Whole  
1% White Milk  
Or Chocolate Skim Milk | Toasted Reuben Panini  
OR  
Sunbutter & Jelly Sandwich, with String Cheese & Carrot Sticks or Celery Sticks  
With Assorted Fruit Cup & Fresh Whole  
1% White Milk  
Or Chocolate Skim Milk | Beef Hard Shell Tacos with Salsa  
OR  
Sunbutter & Jelly Sandwich, with String Cheese & Carrot Sticks or Celery Sticks  
With Assorted Fruit Cup & Fresh Whole  
1% White Milk  
Or Chocolate Skim Milk | Pull Apart Cheesy Breadsticks  
OR  
Sandwich, with String Cheese & Carrot Sticks or Celery Sticks  
With Assorted Fruit Cup & Fresh Whole  
1% White Milk  
Or Chocolate Skim Milk |

### Notes

- All meals served with milk
- This institution is an equal opportunity provider.
- Vegetarian
- Locally Grown
# What’s on the Menu?

## July 2023-Summer School Menu

<table>
<thead>
<tr>
<th></th>
<th>Monday-7/17</th>
<th>Tuesday-7/18</th>
<th>Wednesday-7/19</th>
<th>Thursday-7/20</th>
<th>Friday-7/21</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mini Pancakes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assorted Fresh Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100% Fruit Juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1% White Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White Skim Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cream Cheese</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stuffed Bagel</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assorted Fresh Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100% Fruit Juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1% Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White Skim Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole Grain Waffles</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assorted Fresh Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100% Fruit Juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1% White Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White Skim Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole Grain Frudel</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assorted Fresh Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100% Fruit Juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1% White Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White Skim Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **Lunch**            |                                                  |                                                  |                                                  |                                                |                                                |
| Beef Hot Dog on a    |                                                  |                                                  |                                                  |                                                |                                                |
| Whole Grain Bun      |                                                  |                                                  |                                                  |                                                |                                                |
| OR                   |                                                  |                                                  |                                                  |                                                |                                                |
| Sunbutter & Jelly    |                                                  |                                                  |                                                  |                                                |                                                |
| Sandwich, with       |                                                  |                                                  |                                                  |                                                |                                                |
| String Cheese &     |                                                  |                                                  |                                                  |                                                |                                                |
| Carrot Sticks or     |                                                  |                                                  |                                                  |                                                |                                                |
| Celery Sticks        |                                                  |                                                  |                                                  |                                                |                                                |
| With Assorted Fruit  |                                                  |                                                  |                                                  |                                                |                                                |
| Cup & Fresh Whole    |                                                  |                                                  |                                                  |                                                |                                                |
| 1% White Milk        |                                                  |                                                  |                                                  |                                                |                                                |
| Or                   |                                                  |                                                  |                                                  |                                                |                                                |
| Chocolate Skim Milk  |                                                  |                                                  |                                                  |                                                |                                                |
| *Ketchup & Mustard*  |                                                  |                                                  |                                                  |                                                |                                                |
| *Packet*             |                                                  |                                                  |                                                  |                                                |                                                |
| Chicken Nuggets      |                                                  |                                                  |                                                  |                                                |                                                |
| OR                   |                                                  |                                                  |                                                  |                                                |                                                |
| Sunbutter & Jelly    |                                                  |                                                  |                                                  |                                                |                                                |
| Sandwich, with       |                                                  |                                                  |                                                  |                                                |                                                |
| String Cheese &     |                                                  |                                                  |                                                  |                                                |                                                |
| Carrot Sticks or     |                                                  |                                                  |                                                  |                                                |                                                |
| Celery Sticks        |                                                  |                                                  |                                                  |                                                |                                                |
| With Assorted Fruit  |                                                  |                                                  |                                                  |                                                |                                                |
| Cup & Fresh Whole    |                                                  |                                                  |                                                  |                                                |                                                |
| 1% White Milk        |                                                  |                                                  |                                                  |                                                |                                                |
| Or                   |                                                  |                                                  |                                                  |                                                |                                                |
| Chocolate Skim Milk  |                                                  |                                                  |                                                  |                                                |                                                |
| *Ketchup and BBQ*    |                                                  |                                                  |                                                  |                                                |                                                |
| *Sauce*              |                                                  |                                                  |                                                  |                                                |                                                |
| Chicken Cheddar      |                                                  |                                                  |                                                  |                                                |                                                |
| Melt with Turkey     |                                                  |                                                  |                                                  |                                                |                                                |
| Bacon on a Whole     |                                                  |                                                  |                                                  |                                                |                                                |
| Grain Roll OR       |                                                  |                                                  |                                                  |                                                |                                                |
| Sunbutter & Jelly    |                                                  |                                                  |                                                  |                                                |                                                |
| Sandwich, with       |                                                  |                                                  |                                                  |                                                |                                                |
| String Cheese &     |                                                  |                                                  |                                                  |                                                |                                                |
| Carrot Sticks or     |                                                  |                                                  |                                                  |                                                |                                                |
| Celery Sticks        |                                                  |                                                  |                                                  |                                                |                                                |
| With Assorted Fruit  |                                                  |                                                  |                                                  |                                                |                                                |
| Cup & Fresh Whole    |                                                  |                                                  |                                                  |                                                |                                                |
| 1% White Milk        |                                                  |                                                  |                                                  |                                                |                                                |
| Or                   |                                                  |                                                  |                                                  |                                                |                                                |
| Chocolate Skim Milk  |                                                  |                                                  |                                                  |                                                |                                                |
| *Mayonnaise &*       |                                                  |                                                  |                                                  |                                                |                                                |
| *Mustard Packet*     |                                                  |                                                  |                                                  |                                                |                                                |
| Beef Cheeseburger   |                                                  |                                                  |                                                  |                                                |                                                |
| on a Whole Grain     |                                                  |                                                  |                                                  |                                                |                                                |
| Bun OR              |                                                  |                                                  |                                                  |                                                |                                                |
| Sunbutter & Jelly    |                                                  |                                                  |                                                  |                                                |                                                |
| Sandwich, with       |                                                  |                                                  |                                                  |                                                |                                                |
| String Cheese &     |                                                  |                                                  |                                                  |                                                |                                                |
| Carrot Sticks or     |                                                  |                                                  |                                                  |                                                |                                                |
| Celery Sticks        |                                                  |                                                  |                                                  |                                                |                                                |
| With Assorted Fruit  |                                                  |                                                  |                                                  |                                                |                                                |
| Cup & Fresh Whole    |                                                  |                                                  |                                                  |                                                |                                                |
| 1% White Milk        |                                                  |                                                  |                                                  |                                                |                                                |
| Or                   |                                                  |                                                  |                                                  |                                                |                                                |
| Chocolate Skim Milk  |                                                  |                                                  |                                                  |                                                |                                                |
| *Mayonnaise &*       |                                                  |                                                  |                                                  |                                                |                                                |
| *Mustard Packet*     |                                                  |                                                  |                                                  |                                                |                                                |
| Choice of Cheese or  |                                                  |                                                  |                                                  |                                                |                                                |
| Pepperoni Pizza or   |                                                  |                                                  |                                                  |                                                |                                                |
| Sandwich, with       |                                                  |                                                  |                                                  |                                                |                                                |
| String Cheese &     |                                                  |                                                  |                                                  |                                                |                                                |
| Carrot Sticks or     |                                                  |                                                  |                                                  |                                                |                                                |
| Celery Sticks        |                                                  |                                                  |                                                  |                                                |                                                |
| With Assorted Fruit  |                                                  |                                                  |                                                  |                                                |                                                |
| Cup & Fresh Whole    |                                                  |                                                  |                                                  |                                                |                                                |
| 1% White Milk        |                                                  |                                                  |                                                  |                                                |                                                |
| Or                   |                                                  |                                                  |                                                  |                                                |                                                |
| Chocolate Skim Milk  |                                                  |                                                  |                                                  |                                                |                                                |

**Vegetarian**

All meals served with milk

**Locally Grown**

*This institution is an equal opportunity provider.*
# What’s on the Menu?

## July 2023-Summer School Menu

<table>
<thead>
<tr>
<th>Monday-7/24</th>
<th>Tuesday-7/25</th>
<th>Wednesday-7/27</th>
<th>Thursday-7/28</th>
<th>Friday-7/29</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mini Maple Pancakes</td>
<td>Plain Bagel, with Yogurt and String Cheese</td>
<td>Cinnamon Cream Cheese Stuffed Bagel</td>
<td>Whole Grain Waffles</td>
<td>Whole Grain Apple Frudel</td>
</tr>
<tr>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
</tr>
<tr>
<td>100% Fruit Juice</td>
<td>100% Fruit Juice</td>
<td>100% Fruit Juice</td>
<td>100% Fruit Juice</td>
<td>100% Fruit Juice</td>
</tr>
<tr>
<td>1% White Milk White Skim Milk</td>
<td>1% White Milk White Skim Milk</td>
<td>1% White Milk White Skim Milk</td>
<td>1% White Milk White Skim Milk</td>
<td>1% White Milk White Skim Milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken &amp; Waffles, served with Syrup</td>
<td>Walking Beef Tacos</td>
<td>Toasted Reuben Sandwich</td>
<td>Beef Cheeseburger</td>
<td>Pull Apart Cheesy Breadsticks</td>
</tr>
<tr>
<td>OR</td>
<td>OR</td>
<td>OR</td>
<td>OR</td>
<td>OR</td>
</tr>
<tr>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sandwhich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
</tr>
<tr>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
</tr>
<tr>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All meals served with milk

Vegetarian

Locally Grown

This institution is an equal opportunity provider.

chartwells

serving up happy & healthy
## What’s on the Menu?

### July 2023-Summer Camp Menu

<table>
<thead>
<tr>
<th>Monday-7/3</th>
<th>Tuesday-7/4</th>
<th>Wednesday-7/5</th>
<th>Thursday-7/6</th>
<th>Friday-7/7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Cinnamon Toast Crunchy Cereal Bowl Assorted Fresh Fruit 100% Fruit Juice 1% White Milk</td>
<td>Whole Grain Bagel with Yogurt &amp; String Cheese OR Honey Cheerios Assorted Fresh Fruit 100% Fruit Juice 1% White Milk White Skim Milk</td>
<td>Blueberry Muffin and Yogurt &amp; String Cheese OR Coco Puffs Cereal Assorted Fresh Fruit 100% Fruit Juice 1% White Milk White Skim Milk</td>
<td>Strawberry Cheerios OR Lucky Charms Cereal Assorted Fresh Fruit 100% Fruit Juice 1% White Milk White Skim Milk</td>
<td>Blueberry Chex Assorted Fresh Fruit 100% Fruit Juice 1% White Milk White Skim Milk</td>
</tr>
<tr>
<td>Bagel Fun Lunch, with Yogurt and String Cheese</td>
<td>Nacho Fun Lunch with Tostitos Scoops, Salsa &amp; Cheddar Cheese</td>
<td>Boarshead Turkey &amp; Cheese Deli Sandwich</td>
<td>Italian Deli Combo Sandwich</td>
<td>Muffin Fun Lunch, with Cheddar Goldfish, String Cheese &amp; Yogurt</td>
</tr>
<tr>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
</tr>
<tr>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
</tr>
<tr>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
</tr>
<tr>
<td><strong>Vegetarian</strong></td>
<td><strong>Locally Grown</strong></td>
<td><strong>All meals served with milk</strong></td>
<td><strong>This institution is an equal opportunity provider.</strong></td>
<td></td>
</tr>
</tbody>
</table>

This institution is an equal opportunity provider.
# July 2023-Summer Camp Menu

<table>
<thead>
<tr>
<th>Monday-7/10</th>
<th>Tuesday-7/11</th>
<th>Wednesday-7/12</th>
<th>Thursday-7/13</th>
<th>Friday-7/14</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Whole Grain Cereal</td>
<td>Whole Grain Bagel with Yogurt &amp; String Cheese OR Honey Cheerios Assorted Fresh Fruit</td>
<td>Blueberry Muffin with Strawberry-Banana Yogurt, &amp; String Cheese Cereal Assorted Fresh Fruit</td>
<td>Strawberry Cheeries OR Luck Charms Cereal Assorted Fresh Fruit</td>
<td>Blueberry Chex Cereal Assorted Fresh Fruit</td>
</tr>
<tr>
<td>Assorted Fresh Fruit</td>
<td>100% Apple Fruit Juice</td>
<td>100% Fruit Juice</td>
<td>100% Fruit Juice</td>
<td>100% Fruit Juice</td>
</tr>
<tr>
<td>1% White Milk White Skim Milk</td>
<td></td>
<td>1% White Milk White Skim Milk</td>
<td>1% White Milk White Skim Milk</td>
<td>1% White Milk White Skim Milk</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Bagel Fun Lunch, with Yogurt and String Cheese Sunbutter &amp; Jelly Sandwich with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Nacho Fun Lunch with Tostitos Scoops, Salsa &amp; Cheddar Cheese Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Boarshhead Turkey &amp; Cheese Deli Sandwich Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Italian Deli Combo Sandwich Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Muffin Fun Lunch, with Cheddar Goldfish, String Cheese &amp; Yogurt Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
</tr>
<tr>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole 1% White Milk Or Chocolate Skim Milk</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole 1% White Milk Or Chocolate Skim Milk Mayonnaise &amp; Mustard Packet</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole 1% White Milk Or Chocolate Skim Milk Mayonnaise &amp; Mustard Packet</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole 1% White Milk Or Chocolate Skim Milk</td>
</tr>
<tr>
<td><strong>Vegetarian</strong></td>
<td><strong>Vegetarian</strong></td>
<td><strong>Vegetarian</strong></td>
<td><strong>Vegetarian</strong></td>
<td><strong>Vegetarian</strong></td>
</tr>
<tr>
<td>Locally Grown</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*This institution is an equal opportunity provider.*

All meals served with milk
### June 2023-Summer Camp Menu

<table>
<thead>
<tr>
<th>Monday-7/17</th>
<th>Tuesday-7/18</th>
<th>Wednesday-7/19</th>
<th>Thursday-7/20</th>
<th>Friday-7/21</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cinnamon Toast Cereal</td>
<td>Whole Grain Bagel with Yogurt &amp; String Cheese OR Honey Cheerios</td>
<td>Blueberry Muffin served with Strawberry-Banana Yogurt, and String Cheese</td>
<td>Cheerios Cereal Bar Assorted Fresh Fruit 100% Fruit Juice</td>
<td>Blueberry Chex Cereal Assorted Fresh Fruit 100% Fruit Juice</td>
</tr>
<tr>
<td>Assorted Fresh Fruit 100% Fruit Juice</td>
<td>Assorted Fresh Fruit 100% Fruit Juice</td>
<td>Assorted Fresh Fruit 100% Fruit Juice</td>
<td>1% White Milk White Skim Milk</td>
<td>1% White Milk White Skim Milk</td>
</tr>
<tr>
<td>1% White Milk White Skim Milk</td>
<td>1% White Milk White Skim Milk</td>
<td>1% White Milk White Skim Milk</td>
<td>1% White Milk White Skim Milk</td>
<td>1% White Milk White Skim Milk</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bagel Fun Lunch, with Yogurt and String Cheese</td>
<td>Nacho Fun Lunch with Tostitos Scoops, Salsa &amp; Cheddar Cheese</td>
<td>Boarshead Turkey &amp; Cheese Deli Sandwich</td>
<td>Italian Deli Combo Sandwich</td>
<td>Muffin Fun Lunch, with Cheddar Goldfish, String Cheese &amp; Yogurt</td>
</tr>
<tr>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sandwhich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
</tr>
<tr>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
</tr>
<tr>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
</tr>
<tr>
<td><strong>All meals served with milk</strong></td>
<td><strong>This institution is an equal opportunity provider.</strong></td>
<td><strong>Vegetarian</strong></td>
<td><strong>Locally Grown</strong></td>
<td><strong>Chartwells</strong></td>
</tr>
</tbody>
</table>
# What’s on the Menu?

## July 2023-Summer Camp Menu

<table>
<thead>
<tr>
<th>Monday-7/24</th>
<th>Tuesday-7/25</th>
<th>Wednesday-7/26</th>
<th>Thursday-7/27</th>
<th>Friday-7/28</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Cinnamon Toast Crunch Cereal</td>
<td>Bagel with Yogurt &amp; String Cheese</td>
<td>Blueberry Muffin served with Strawberry-Banana Yogurt, &amp; String Cheese</td>
<td>Strawberry Cheerios Cereal Bar OR Lucky Charms Cereal</td>
<td>Blueberry Chex Cereal Assorted Fresh Fruit</td>
</tr>
<tr>
<td>Assorted Fresh Fruit</td>
<td>OR Honey Cheerios Cereal</td>
<td>OR Coro Puffs Cereal</td>
<td>Assorted Fresh Fruit</td>
<td>100% Fruit Juice</td>
</tr>
<tr>
<td>100% Fruit Juice</td>
<td>Assorted Fresh Fruit</td>
<td>100% Fruit Juice</td>
<td>100% Fruit Juice</td>
<td>1% White Milk</td>
</tr>
<tr>
<td>1% White Milk</td>
<td>100% Fruit Juice</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>White Skim Milk</td>
</tr>
<tr>
<td>White Skim Milk</td>
<td>1% White Milk</td>
<td>White Skim Milk</td>
<td>White Skim Milk</td>
<td>White Skim Milk</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Bagel Fun Lunch, with Yogurt and String Cheese</td>
<td>Nacho Fun Lunch with Tostitos Scoops, Salsa &amp; Cheddar Cheese</td>
<td>Boarshhead Turkey &amp; Cheese Deli Sandwich</td>
<td>Boarshhead Deli Combo Sandwich</td>
<td>Muffin Fun Lunch, with Cheddar Goldfish, String Cheese &amp; Yogurt</td>
</tr>
<tr>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
</tr>
<tr>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
</tr>
<tr>
<td>1% White Milk or Chocolate Skim Milk</td>
<td>1% White Milk or Chocolate Skim Milk</td>
<td>1% White Milk or Chocolate Skim Milk</td>
<td>1% White Milk or Chocolate Skim Milk</td>
<td>1% White Milk or Chocolate Skim Milk</td>
</tr>
</tbody>
</table>

All meals served with milk

Vegetarian

Locally Grown

This institution is an equal opportunity provider.
## June 2023-Apples Summer School Menu

<table>
<thead>
<tr>
<th>Monday-6/19</th>
<th>Tuesday-6/20</th>
<th>Wednesday-6/21</th>
<th>Thursday-6/22</th>
<th>Friday-6/23</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>100% Apple Fruit Juice</td>
<td>100% Apple Fruit Juice</td>
<td>100% Apple Fruit Juice</td>
<td>100% Apple Fruit Juice</td>
<td>100% Apple Fruit Juice</td>
</tr>
<tr>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
</tr>
<tr>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
</tr>
<tr>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
<td>1% White Milk Or Chocolate Skim Milk</td>
</tr>
<tr>
<td>Mayonnaise &amp; Mustard Packet</td>
<td>Mayonnaise &amp; Mustard Packet</td>
<td>Mayonnaise &amp; Mustard Packet</td>
<td>Mayonnaise &amp; Mustard Packet</td>
<td>Mayonnaise &amp; Mustard Packet</td>
</tr>
</tbody>
</table>

### Lunch

- Monday-6/19: With Assorted Fruit Cup & Fresh Whole 1% White Milk Or Chocolate Skim Milk
- Tuesday-6/20: With Assorted Fruit Cup & Fresh Whole 1% White Milk Or Chocolate Skim Milk
- Wednesday-6/21: With Assorted Fruit Cup & Fresh Whole 1% White Milk Or Chocolate Skim Milk
- Thursday-6/22: With Assorted Fruit Cup & Fresh Whole 1% White Milk Or Chocolate Skim Milk
- Friday-6/23: With Assorted Fruit Cup & Fresh Whole 1% White Milk Or Chocolate Skim Milk

All meals served with milk

This institution is an equal opportunity provider.

Vegetarian

Locally Grown
# June 2023-Apples Summer School Menu

## Breakfast

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday-6/26</th>
<th>Tuesday-6/27</th>
<th>Wednesday-6/28</th>
<th>Thursday-6/29</th>
<th>Friday-6/30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
<td>Assorted Fresh Fruit</td>
</tr>
<tr>
<td>100% Apple Fruit Juice</td>
<td>100% Apple Fruit Juice</td>
<td>100% Apple Fruit Juice</td>
<td>100% Apple Fruit Juice</td>
<td>100% Apple Fruit Juice</td>
<td>100% Apple Fruit Juice</td>
</tr>
<tr>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
</tr>
</tbody>
</table>

## Lunch

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday-6/26</th>
<th>Tuesday-6/27</th>
<th>Wednesday-6/28</th>
<th>Thursday-6/29</th>
<th>Friday-6/30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sunbutter &amp; Jelly Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td>Sandwich, with String Cheese &amp; Carrot Sticks or Celery Sticks</td>
<td></td>
</tr>
<tr>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td>With Assorted Fruit Cup &amp; Fresh Whole</td>
<td></td>
</tr>
<tr>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td>1% White Milk</td>
<td></td>
</tr>
<tr>
<td>Or Chocolate Skim Milk</td>
<td>Or Chocolate Skim Milk</td>
<td>Or Chocolate Skim Milk</td>
<td>Or Chocolate Skim Milk</td>
<td>Or Chocolate Skim Milk</td>
<td></td>
</tr>
</tbody>
</table>

This institution is an equal opportunity provider.