



Camp Garrett Menu 2019

Weeks 1, 3, 5, 7, 9

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|--|--|--|---|
| Breakfast | Yogurt with Granola Fresh Fruit Milk | Egg Breakfast Burrito Fresh Fruit Milk | Whole grain bagels with Butter or Sunbutter Fresh Fruit Milk | Whole Grain Cereal Fresh Fruit Milk | Crunchy Breakfast Bars Fresh Fruit Milk |
| Lunch | Grilled Cheese with Marinara Dip Fresh Fruit | Whole Wheat Baked Pasta with Marinara Sauce Fresh Fruit | Burrito Bowls with Rice, Beans, Cheese, Fresh Salsa Fresh Fruit | Baked Potato Bar with Crazy Bean Buffalo Sauce Cornbread Garden Veggies Fresh Fruit | Hamburger or Beef Hotdog Garden Veggies Fresh Fruit |
| Snack | Whole Grain Crackers Fresh Fruit | Nut-Free Trail Mix Fresh Fruit | Fruit Smoothie Pretzels | Graham Crackers Fresh Fruit | Popcorn Fresh Fruit |

Daily Lunch Alternative: Sunbutter Roll-Up with carrots, fresh fruit and milk

Weeks 2, 4, 6, 8, 10

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|---|--|--|---|
| Breakfast | Yogurt with Granola Fresh Fruit Milk | Scrambled Eggs Biscuits/Wheat Toast Fresh Fruit Milk | Whole grain bagels with Butter or Sunbutter Fresh Fruit Milk | Whole Grain Cereal Fresh Fruit Milk | Crunchy Breakfast Bars Fresh Fruit Milk |
| Lunch | Quesadilla with Fresh Salsa Fresh Fruit | Whole Wheat Pasta with Greek-fredo Sauce, Garden Veggies, Cheese Fresh Fruit | Wraps with Garden Veggies, Hummus and Cheese Fresh Fruit | Rainbow Stir Fry with Rice, Tofu, Garden Veggies Fresh Fruit | Hamburger or Beef Hotdog Garden Veggies Fresh Fruit |
| Snack | Whole Grain Crackers Fresh Fruit | Nut-Free Trail Mix Fresh Fruit | Fruit Smoothie Pretzels | Graham Crackers Fresh Fruit | Popcorn Fresh Fruit |

Daily Lunch Alternative: Sunbutter Roll-Up with carrots, fresh fruit and milk

Camp Garrett is a PA Department of Education **Summer Food Service Program approved site**. Our menu meets USDA requirements for balanced meals and features meat alternatives including beans, cheese, seeds, yogurt, eggs and tofu. Meals are prepared daily with garden-fresh ingredients, from scratch and with love.