



# Camp Garrett Menu 202'

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	Pizza Garden Veggies Fresh Fruit	Burrito Bowls with Rice, Beans, Turkey crumbles, Cheese, Fresh Salsa Fresh Fruit	Pasta w/ Marinara Meat Sauce (Turkey crumbles) Garden Veggies Fresh Fruit	Grilled Chicken Nuggets  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	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	Quesadilla with Grilled Chicken and Fresh Salsa Fresh Fruit	Pizza Garden Veggies, Fresh Fruit	Wraps with Garden Veggies, Turkey or Hummus and Cheese Fresh Fruit	Rainbow Stir Fry with Rice, Chicken or 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.