



# Camp Garrett Menu

## 2018

### Weeks 1, 3, 5, 7, 9

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Cereal Fresh Fruit Milk	Egg Breakfast Burrito Fresh Fruit Milk	Whole grain bagels with Butter or Sunbutter Fresh Fruit Milk	Yogurt with granola 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	Brain! (Grain) Bowls with Garden veggies Fresh Fruit	Baked Potato Bar with Crazy Bean Buffalo Sauce Corn bread 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: Sun-butter and Fruit/Jelly Wrap with carrots, fresh fruit and milk\*\*\*

### Weeks 2, 4, 6, 8, 10

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain bagels with Butter or Sunbutter Fresh Fruit Milk	Yogurt with granola Fresh Fruit Milk	Scrambled Eggs Biscuits/Wheat Toast Fresh Fruit Milk	Whole Grain Cereal Fresh Fruit Milk	Oatmeal Breakfast Bars Fresh Fruit Milk
Lunch	Quesadilla with Fresh Salsa or Garden veggies Fresh Fruit	Wraps with Garden veggies, hummus and cheese Fresh Fruit	Sunshine Pesto Pasta Salad with Garden veggies Fresh Fruit	Rainbow Stir Fry 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: Sun-butter and Fruit/Jelly Wrap 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.