

St Paul Summer Camp

Camp Date	Monday	Tuesday	Wednesday	Thursday	Friday	Daily Options
Week #1 June 1 st #4 June 22 nd #7 July 13 th	Grilled Chicken Sandwich <small>GF Bun Available</small> French Fries Carrot Coins Fruit / Cookies	Penne Pasta with Alfredo Sauce, Plain Pasta Meatballs, Veggie Meatballs String Beans Dinner Roll Fruit / Yogurt	Cheese Pizza GF available Baby Carrots and Cucumbers with ranch Water Melon/ Cake	French Toast Sticks Tater Tots Sausage Yogurt with Blueberries Fruit / Pudding	Chopped Chicken or Veggie Bowl, Steamed Rice Black Beans Corn Fruit / Brownie	Sandwiches (Available with GF wraps) Turkey, Ham, Cheese, (subs) Chicken Ranch Wrap, Sun Butter (& Jelly) Sandwich, Veggie Burger, Vegetarian Caesar Wrap All served with Chips, vegetable, fruit and dessert
Week # 2 June 8 th #5 June 29 th #8 July 20 th	Chicken Tenders, Fish Sticks, Macaroni and Cheese, String Beans Fruit / cookies	Beef Tacos, Veggie Tacos, Yellow Rice Corn <small>GF Torts avail Sour, cheese, salsa</small> Fruit / Yogurt	Spaghetti with Marinara Sauce, Meatballs Veggie Meatballs Broccoli Dinner Roll Water Melon/ Cake	Teriyaki Chicken Thigh, Fried Rice, Asian Vegetables Fruit / Pudding	Grilled Cheese, Chips Broccoli Fruit / Brownie	Sandwiches (Available with GF wraps) Turkey, Ham, Cheese, Chicken Ranch Wrap, Sun Butter (& Jelly) Sandwich, Veggie Burger, Vegetarian Caesar Wrap All served with Chips, vegetable, fruit and dessert
Week #3 June 15 th #6 July 6 th	Pancakes Tater Tots Sausage Yogurt with Blueberries Fruit / Cookies	Penne Pasta with Meat Sauce, Plain Pasta, Veggie Meatballs Broccoli Garlic Roll Fruit / Yogurt	Cheese Pizza GF available Baby Carrots and Cucumbers with ranch Water Melon/ Cake	Chicken Nuggets, Fish Sticks, Tater Tots Carrot Coins Fruit / Pudding	Chicken and Cheese or Veggie and Cheese Quesadilla Steamed Rice Corn Fruit / Brownie	Sandwiches (Available with GF wraps) Turkey, Ham, Cheese, Chicken Ranch Wrap, Sun Butter (& Jelly) Sandwich, Veggie Burger, Vegetarian Caesar Wrap All served with Chips, vegetable, fruit and dessert

Drinks included with lunch; water, apple juice, lemonade

Cookies, Gatorade, Water, Ice Cream and snacks available at lunch \$1.00-\$2.00