

# Jr. Summer Camp

## August-2024

**Breakfast:**      1-2      3-5      6-12  
 Milk                    1/2 c      3/4 c      1 c  
 Fruit, Veg or both    1/4 c      1/2 c      1/2 c  
 Grains/Breads        1/2 oz eq    1/2 oz eq    1 oz eq  
 Dry Cereal                    1 oz  
 Meat/Meat Alt.        1/2 oz      1/2 oz      1 oz  
 \*Select 2 of the 5 components

**Lunch:**            1-2      3-5      6-12  
 Milk                    1/2 c      3/4 c      1 c  
 Grains/Breads        1/2 oz eq    1/2 oz eq    1 oz eq  
 Pasta/Noodles            1/4 c  
 Fruit                    1/8 c      1/4 c      1/4 c  
 Vegetables            1/8 c      1/4 c      1/2 c  
 Meat/Meat Alt.        1 oz.      1.5 oz.    2 oz.

**PM Snack:**        1-2      3-5      6-12  
 Milk                    1/2 c      1/2 c      1 c  
 Fruit                    1/2 c      1/2 c      1/2 c  
 Vegetable            1/2 c      1/2 c      3/4 c  
 Grains/Breads        1/2 oz eq    1/2 oz eq    1 oz eq  
 Meat/Meat Alt.        1/2 oz      1/2 oz      1 oz  
 \*Select 2 of the 5 components

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
BR -	BR -	BR -	BR - Life Cereal/Oranges/Milk	BR - Cinnamon Raisin Bread/Cream Cheese/Strawberries/Milk
LN -	LN -	LN -	LN - Ham and Cheese Quesadilla on WW/Carrots/Mandrine Oranges/Milk	LN - Chicken Strips/WW Bun/Corn/Applesauce/Milk
SN -	SN -	SN -	SN - Goldfish/Milk	SN - Animal Crackers/Milk
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
BR - Mini Muffins/Bananas/Milk	BR - Chex Cereal/ Oranges/Milk	BR - Waffles/Apples/Milk	BR - Mini Spooners/Grapes/Milk	BR - French Toast Sticks/Blueberries/Milk
LN - Meatball Subs on WW/Salad/Pineapples/Milk	LN - Peanutbutter and Jelly on WW/Carrots/Mandrine Oranges/Milk	LN - Peanutbutter and Jelly/Cucumbers/Pears/Milk	LN - Turkey and Cheese on WW/Green Peppers/Pears/Milk	LN - WW Beefaroni/Green Beans/Peaches/Milk
SN - Teddy Grahams/Milk	SN - Butter Rounds/Milk	SN - Pretzels/Milk	SN - Cheese itz/Milk	SN - Chocolate Animal Crackers/Milk
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
BR - Mini Muffins/Grapes/Milk	BR - Life Cereal/Bananas/Milk	BR - Cinnamon Raisin Bread/Cream Cheese/Oranges/Milk	BR - Chex Cereal/Apples/Milk	BR - Waffles/Strawberries/Milk
LN - Sloppy Joe on WW/Corn/Mandrine Oranges/Milk	LN - Chicken and Cheese WW Cracker Stackers/Cucumbers/Applesauce/Milk	LN - Peanutbutter and Jelly/Carrots/Pears/Milk	LN - Turkey and Cheese on WW/Celery/Fruit Cocktail/Milk	LN - All Beef Hotdogs on WW Bun/Carrots/Pears/Milk
SN - Graham Crackers/Milk	SN - Pretzels/Milk	SN - Goldfish/Milk	SN - Scooby-Snacks/Milk	SN - Vanilla Yogurt/Vanilla Waffles/Milk
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
BR - Mini Muffins/Oranges/Milk	BR - Mini Spooners/Grapes/Milk	BR - Pancakes/Bananas/Milk	BR - Kix Cereal/Blueberries/Milk	BR - Bagles/Cream Cheese/Strawberries/Milk
LN - Tacos on WW/Salad/Peaches/Milk	LN - Turkey and Cheese/Green Peppers/Pinapples/Milk	LN - Peanutbutter and Jelly/Carrots/Pears/Milk	LN - Ham and Cheese on WW/Carrots/Mandrine Oranges/Milk	LN - Chicken Strips /WW Bun/Salad/Fruit Cocktail/Milk
SN - Saltines/Milk	SN - Cheez-its/Milk	SN - Multigrain Crackers/Milk	SN - Goldfish/Milk	SN - Pretzels/Milk
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
BR - Mini Muffins/Bananas/Milk	BR - Cherrios/Blueberries/Milk	BR - Waffles/Apples/Milk	BR - Mini Spooners/Grapes/Milk	BR - Cinnamon Raisin Bread/Cream Cheese/Oranges/Milk
LN - WW Beefaroni/Celery/Pears/Milk	LN - Chicken and Cheese Roll ups on WW/Cucumbers/Pinapple/Milk	LN - Meatball Subs on WW/Green Peppers/Peaches/Milk	LN - Chicken Patty/WW Bun/Corn/Fruit Cocktail/Milk	LN - Nachos/WW Bun/Salad/Pineapple/Milk
SN - Graham Crackers/Milk	SN - Vanilla Yogurt/Vanilla Waffles/Milk	SN - Saltines/Milk	SN - Teddy Grahams/Milk	SN - Goldfish/Milk

Menu is subject to change.

This institution is an equal opportunity provider.

Whole Milk = Children under 24 months  
 Skim Milk = Children over 24 months  
 WG = Whole Grain / WW = Whole Wheat