

Jr Summer Camp

July-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
1	2	3 Field Day at Center	4 4th of July	5
BR - Mini Muffins/Grapes/Milk	BR - Chex Cereal/Blueberries/Milk	BR - Bagel/Cream Cheese/Apples/Milk	BR - CENTER CLOSED	BR - Pancakes/Oranges/Milk
LN - WW Beefaroni/Celery/Pears/Milk	LN - Chicken and Cheese on WW/Cucumbers/Peaches/Milk	LN - All Beef Hot Dog/WW Bun/Green Beans/Pineapple/Milk	LN - CENTER CLOSED	LN - Chicken Strips/WW Bun/Corn/Applesauce/Milk
SN - Vanilla Yogurt/Vanilla Waffers/Milk	SN - Animal Crackers/Milk	SN - Chips and Salsa/Milk	SN -	SN - Goldfish/Milk
8	9	10 Akron Childrens Museum	11	12
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 on WW/Cucmber/Fruit Cocktail/Milk	LN - Chicken and Cheese on WW/Green Peppers/Pears/Milk	LN - Sloppy Joe/WW Bun/BroccoiPeaches/Milk
SN - Teddy Grahams/Milk	SN - Butter Rounds/Milk	SN - Pretzels/Milk	SN - Jell-O/String Cheese/Milk	SN - Chocolate Animal Crackers/Milk
15	16	17 Ravenna Community Park	18	19
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 - Chicken Patty on WW/Corn/Mandrine Oranges/Milk	LN - Chicken and Cheese WW Cracker Stackers/Cucumbers/Applesauce/Milk	LN - Peanutbutter and Jelly on WW/Carrots/Pineapple/Milk	LN - Turkey and Cheese on WW/Celery/Fruit Cocktail/Milk	LN - All Beef Hotdogs on WW Bun/Mixed Vegetables/Pears/Milk
SN - Chips and Salsa/Milk	SN - Pretzels/Milk	SN - Butter Smooths/Milk	SN - Scooby-Snacks/Milk	SN - Goldfish/Milk
22	23	24 Hudson Springs Park	25	26
BR - Mini Muffins/Blueberries/Milk	BR - Mini Spooners/Grapes/Milk	BR - Pancakes/Bananas/Milk	BR - Kix Cereal/Oranges/Milk	BR - Bagles/Cream Cheese/Apples/Milk
LN - Tacos on WW/Salad/Peaches/Milk	LN - Turkey and Cheese/Green Peppers/Pinapples/Milk	LN - Peanutbutter and Jelly on WW/Carrots/Pears/Milk	LN - Ham and Cheese Cracker Stackers/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
29	30	31 World Elite Gymnastics		
BR - Mini Muffins/Bananas/Milk	BR - Cherrios/Blueberries/Milk	BR - Waffles/Apples/Milk	BR -	BR -
LN - WW Beefaroni/Celery/Pears/Milk	LN - Chicken and Cheese on WW/Cucumbers/Pinapple/Milk	LN - Peanutbutter and Jelly on WW/Green Peppers/Peaches/Milk	LN -	LN -
SN - Graham Crackers/Milk	SN - Vanilla Yogurt/Vanilla Waffers/Milk	SN - Saltines/Milk	SN -	SN -

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