

# Summer Camp

## July-2024

**Breakfast:**

	<b>1-2</b>	<b>3-5</b>	<b>6-12</b>
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:**

	<b>1-2</b>	<b>3-5</b>	<b>6-12</b>
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:**

	<b>1-2</b>	<b>3-5</b>	<b>6-12</b>
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> Liberty Park Nature Center & Hike	<b>3</b> Swimming Kent Roosevelt	<b>4</b> 4th of July	<b>5</b>
BR - Mini Muffins/Grapes/Milk	BR - Chex Cereal/Blueberries/Milk	BR - Bagel/Cream Cheese/Apples/Milk	BR - Pancakes/Oranges/Milk	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 - <b>CENTER CLOSED</b>	LN - Chicken Strips/WW Bun/Corn/Applesauce/Milk
SN - Vanilla Yogurt/Vanilla Waffers/Milk	SN - Animal Crackers/Milk	SN - Chips and Salsa/Milk	SN - Goldfish/Milk	SN - Goldfish/Milk
<b>8</b>	<b>9</b> Silver Springs Park	<b>10</b>	<b>11</b> Horseback Riding	<b>12</b> Horseback Riding
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 - Chicken Patty/WW Bun/Cauliflower/Fruit Cocktail/Milk	LN - Chicken and Cheese on WW/Green Peppers/Pears/Milk	LN - Sloppy Joe/WW Bun/Broccoli/Peaches/Milk
SN - Teddy Grahams/Milk	SN - Butter Rounds/Milk	SN - Pretzels/Milk	SN - Jell-O/String Cheese/Milk	SN - Chocolate Animal Crackers/Milk
<b>15</b>	<b>16</b> Sunny Lake Park	<b>17</b>	<b>18</b> Fun N Stuff	<b>19</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 - Chicken Patty on WW/Corn/Mandrine Oranges/Milk	LN - Chicken and Cheese WW Cracker Stackers/Cucumbers/Applesauce/Milk	LN - Nachos/WW Bun/Salad/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 Smoothies/Milk	SN - Scooby-Snacks/Milk	SN - Goldfish/Milk
<b>22</b>	<b>23</b> Akron Rubber Ducks Splash Day	<b>24</b>	<b>25</b> Munroe Falls Metro Park	<b>26</b>
BR - Mini Muffins/Blueberries/Milk	BR - Mini Spooners/Grapes/Milk	BR - Pancakes/Bananas/Milk	BR - Kix Cereal/Oranges/Milk	BR - Bagels/Cream Cheese/Apples/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 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
<b>29</b>	<b>30</b> World Elite Gymnastics	<b>31</b>		
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 - Meatball Subs 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