

## <u>2019 Lunch Calendar</u> June 24 - August 16

Me Lur	adowbrook iches Rock	
	<u>Fri</u>	
20		

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Frí</u>
WEEK 1 Jun 24-Jun 28	24	25	26	27	28
WEEK 2  July 1-5	2	3	3 BBQ	4 4th Camp Closed	5
WEEK 3  July 8-12	8	9	10	11	12
<b>WEEK 4</b> July 15-19	15	16	17	18	19
<b>WEEK 5</b> July 22-26	22	23	24	25	26
WEEK 6  July 29-Aug 2	29	36	31	1 BBQ	2
WEEK 7 Aug 5-9	5	6	7	8	9
<b>WEEK 8</b> Aug 12-16	12 BBQ	13	14	15	16

## FARM & TABLE

Many of our ingredients are from local farmers

## Our Healthy Lunches are:

Nut-Free
Sesame-Free
Trans Fat-Free
Baked Entrees
(not Fried)

	French Bread Pizza Carrot Sticks		Popcorn Chicken Corn Salad BBQ & Honey Mustard Sauce
	Meatball Sub Sandwich Corn Chips	AN ANTON	Baked Ziti Garlic Bread
	Chicken Sliders Pretzel Sticks		Baked Chicken Tenders Cucumber Slices BBQ & Honey Mustard Sauce
20.0	French Toast Sticks Turkey Sausage		Pizza Bagels Carrot Sticks
	Choice of Pasta (Plain, Butter or Marinara Sauce) Parmesan Cheese & Rolls		Baked Macaroni & Cheese Corn Bread
REG	Choice of Hamburger, Veg Pasta Salad & Chips	gie Burge	er or Kosher Hot Dog

## Alternate Lunches Available Every Day

Turkey, Tuna, Egg Salad SunButter & Jelly American Cheese Sandwiches

Bagels with Cream Cheese or Butter

**Yogurt** 

Vegan Rice & Bean Burrito



Salad Bar & Fresh Fruit

