

Camp Sky Y



New schedule: Sunday, Dinner - Saturday, Breakfast (17 meals)

Summer - 2022 Week 1

| | <u>BREAKFAST</u> | <u>LUNCH</u> | <u>Dinner</u> |
|----------|---|---|--|
| SUN | | Staff Lunch premade wraps & sandwiches | Fettucinne Alfredo w/ Chicken Steamed Broccoli Garlic Bread Vegetarian: Fettuccine Alfredo Dessert: Cookies or cake |
| MON | Egg & Cheese Bagel Sandwich Crispy Bacon Tator Tots Cinnamon Roll Strawberry Banana Yogurt | Cheeseburgers Corn Curly Fries Vegetarian: Black Bean Burger Dessert: Chocolate Chips Cookies | Roast Turkey Breast Country Mashed Potatoes & Turkey Gravy Corn & Dinner Roll Vegetarian: Vegetarian Shepard's Pie Dessert: Cookies or cake |
| * TUE * | Pancakes Sausage Patty Diced Potatoes Danish Raspberry Rainbow Yogurt | Corn Dog Criss Cut Fries Corn on Cobb Vegetarian: Avocado Caesar Wrap Dessert: Chocolate Brownie | Spaghetti & Meatballs Summer Squash & Carrot Medley Garlic Bread Vegetarian: Spaghetti w Marinara Dessert: Cookies or cake |
| WED | Sausage Gravy & Biscuit Hash Brown Patty Garden Vegetable Quiche Bagel w Cream Cheese Strawberry Banana Yogurt | Grilled Cheese and Bacon Assorted Chips Assorted Cookies Vegetarian: Grilled Cheese Whole Fruit Vegetable Sticks | Chicken Tenders Steamed Corn Potato Wedges Vegetarian: Garden Burrito Dessert: Marshmallow Rice Krispies |
| THU | Breakfast Burrito w Salsa Bacon Strips Hash Browns Apple Cinnamon Scone Strawberry Banana Yogurt | Philly Cheesesteak Assorted Potato Chips Broccoli Florets Vegetarian: Vegie chickensandwich Dessert: Chocolate Brownie | Meat Lasagna Zucchini & Yellow Squash Garlic Parmesan Breadstick Vegetarian: Roasted Vegetable Lasagna Dessert: Peach Cobbler w Biscuit Topping |
| FRI | French Toast w Strawberry Topping Sausage Links Potatoes O Brien Muffin Strawberry Banana Yogurt | French Bread Pizza Corn on Coob French Fries Vegetarian : French Bread Pizza Dessert: Rice Krispy Treat | Friday Cookout Burgers hot dogs veggie burger chips & beans Dessert:water melon & cookies |
| SAT | <u>Continenatl Breakfast</u> <i>Assorted Muffins</i> Bagel & Cream Cheese Whole Fruit Rasperry Rainbow Yogurt Milk/Juice | Premade Lunch | Cosco pizza |
| EVERYDAY | <u>BREAKFAST BAR</u> Fresh Salsa Whole Fruit Assorted Cold Cereals PB & J Assorted Juices & Milk | <u>Salad Bar</u> Garden Salads Assorted Dressings PB&J Whole Fruit Gatorade & Milk | <u>Salad Bar</u> Garden Salads Assorted Dressings PB&J Whole Fruit Gatorade & Milk |
| STANDARD | The two week menu cycle is created to meet the minimum caloric intake of an active teenager (Approximately 2400 calories per day). Sodexo acknowledges that all menus have been reviewed by a licensed dietitian. Sodexo ensures that all foods purchased, prepared and served are done so by following HACCP procedures. | | |