


Challenge Camp 2018

Lunch Menu

Session 1 June 25 - July 20



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	25 Cornflake Crusted Chicken Nuggets Potato Pancakes Roasted Vegetables	26 Hamburgers Veggie Burgers Watermelon Chips	27 Cheese Quesadillas Roasted Corn Rice Chips & Salsa Soft Pretzels	28 Cheese Ravioli Plain Pasta Alfredo & Marinara Steamed Carrots	29 Cheese Pizza White Pizza Roasted Vegetables	30
1	2 Baked Chicken Tenders Seasoned Fries Garlic Broccoli	3 Baked Fish Sicks Mashed Potatoes Soft Pretzels	4 No Camp Today 	5 Cheese Blintzes French Toast Sticks Cheesy Scrambled Eggs Home Fries	6 Cheese Pizza Greek Veggie Pizza Roasted Vegetables	7
8	9 BBQ Chicken Breast Roasted Red Potatoes Honey Roasted Carrots	10 Chicken Shawarma Lentil Rice Pilaf Grilled Vegetables	11 Pancakes Cheesy Scrambled Eggs Home Fries	12 Black Bean & Cheese Burritos with Rice Roasted Corn & Chips Soft Pretzels	13 Cheese Pizza Margherita Pizza Roasted Vegetables	14
15	16 Cornflake Crusted Chicken Breast French Fries Roasted Cauliflower	17 Baked Macaroni & Cheese Soft Pretzels Steamed Carrots	18 Baked Ziti & Plain Pasta Alfredo & Marinara Garlic Bread Roasted Carrots	19 Bean & Cheese Enchiladas with Rice Roasted Corn Chips & Salsa	20 Cheese Pizza White Pizza Roasted Vegetables	21

Each day offers many dairy and non dairy choices including:
 Full Garden Salad Bar with dressings, croutons and toppings including Quinoa, Tuna, Egg etc.
 Bagels, sunflower seed butter, jelly and cream cheese
 Fresh Fruit & Yogurt Station
 2% Milk, 1% Chocolate milk, Spa water & Water