

Challenge Camp 2018

Lunch Menu

Session 2 July 23 - August 10



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	23 Cornflake Crusted Chicken Nuggets Potato Pancakes Roasted Vegetables	24 Hamburgers Veggie Burgers Watermelon Chips	25 Cheese Quesadillas Roasted Corn Rice Chips & Salsa Soft Pretzels	26 Cheese Ravioli Plain Pasta Alfredo & Marinara Steamed Carrots	27 Cheese Pizza White Pizza Roasted Vegetables	28
29	30 Baked Chicken Tenders Seasoned Fries Garlic Broccoli	31 Baked Fish Sicks Mashed Potatoes Soft Pretzels	1 Baked Macaroni & Cheese Plain Pasta Steamed Carrots	2 Cheese Blintzes French Toast Sticks Cheesy Scrambled Eggs Home Fries	3 Cheese Pizza Greek Veggie Pizza Roasted Vegetables	4
5	6 BBQ Chicken Breast Roasted Red Potatoes Honey Roasted Carrots	7 Chicken Shawarma Pita Lentil Rice Pilaf Grilled Vegetables	8 Pancakes Cheesy Scrambled Eggs Home Fries	9 Black Bean & Cheese Burritos with Rice Roasted Corn & Chips Soft Pretzels	10 Cheese Pizza Margherita Pizza Roasted Vegetables	

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