



# CHALLENGE CAMP

## 1ST SESSION 2018 - MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>25</b> <ul style="list-style-type: none"> <li>• Cornmeal Crusted Chicken Nuggets</li> <li>• Green Onion Potato Pancakes</li> <li>• Roasted Vegetables</li> <li>• Pickles</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• Hamburgers</li> <li>• Veggie Burgers</li> <li>• Buns</li> <li>• Potato Chips</li> <li>• Pickles</li> <li>• Watermelon</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• Cheese Quesadillas</li> <li>• Roasted Corn</li> <li>• Mexican Rice</li> <li>• Chips &amp; Salsa Bar</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>• Cheese Ravioli</li> <li>• Alfredo Sauce</li> <li>• Marinara Sauce</li> <li>• Steamed Carrots</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• White Pizza</li> <li>• Roasted Vegetables</li> </ul>
<b>July 2</b> <ul style="list-style-type: none"> <li>• Baked Homemade Chicken Tenders</li> <li>• Spicy Fries</li> <li>• Garlic Broccoli</li> <li>• Pickles</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• Baked Fish Sticks</li> <li>• Mashed Potatoes</li> <li>• Soft Pretzels</li> </ul>	<b>4</b> <b>No Camp</b>	<b>5</b> <ul style="list-style-type: none"> <li>• Cornflake Crusted Chicken Breast</li> <li>• French Fries</li> <li>• Roasted Cauliflower</li> <li>• Pickles</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Greek Vegetable Pizza</li> <li>• Roasted Vegetables</li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>• BBQ Chicken Breast</li> <li>• Herb Roasted Red Potatoes</li> <li>• Honey-Glazed Roasted Carrots</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• Chicken Shawarma</li> <li>• Pita Bread</li> <li>• Lentil Rice Pilaf</li> <li>• Grill Mediterranean Vegetable</li> <li>• Pickles</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• Pancakes</li> <li>• Cheesy Eggs</li> <li>• Scrambled Eggs</li> <li>• Home Fries</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• Black Bean &amp; Cheese Burritos</li> <li>• Mexican Rice</li> <li>• Roasted Corn on Cob</li> <li>• Chips &amp; Salsa Bar</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Margherita Pizza</li> <li>• Roasted Vegetables</li> <li>• Soft Pretzels</li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>• Cheese Tortellini</li> <li>• Alfredo Sauce</li> <li>• Marinara Sauce</li> <li>• Steamed Carrots</li> <li>• Soft Pretzels</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• Waffles</li> <li>• Cheesy Eggs</li> <li>• Scrambled Eggs</li> <li>• Home Fries</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• Baked Ziti</li> <li>• Plain Pasta</li> <li>• Alfredo Sauce</li> <li>• Marinara Sauce</li> <li>• Garlic Bread</li> <li>• Steamed Carrots</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• Bean &amp; Cheese Enchiladas</li> <li>• Mexican Rice</li> <li>• Roasted Corn</li> <li>• Chips &amp; Salsa</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• White Pizza</li> <li>• Roasted Vegetables</li> </ul> <p>****SESSION ENDS</p>

### SALAD BAR

-OFFERED DAILY MAY INCLUDE: LETTUCE, MESCLUN SALAD MIX, CUCUMBERS, SHREDDED CARROTS, TOMATOES, PEPPERS, MUSHROOMS, BABY CORN, CHICK PEAS, KIDNEY BEANS, PICKLE CHIPS, BEETS, BLACK OLIVES, MANDARIN ORANGES, PEAS, KERNEL CORN, TUNA SALAD, AND HARD-BOILED EGGS

-SALAD DRESSINGS REGULAR AND LOW-FAT MAY INCLUDE: RUSSIAN, FRENCH, CREAMY ITALIAN, LITE ITALIAN, THOUSAND ISLAND, CAESAR, BALSAMIC VINAIGRETTE, RASPBERRY VINAIGRETTE

### AVAILABLE DAILY

-PLAIN PASTA, WATER, SPA WATER

-BREAD: SLICED WHOLE WHEAT & FRESH MINI BAGELS SERVED DAILY

-JELLY, MARGARINE, SOYNUIT BUTTER

-CREAM CHEESE AND BUTTER, 2% MILK, 1% CHOCOLATE MILK, AND YOGURT ON DAIRY DAYS ONLY

### DAILY FRUIT

-MAY INCLUDE: APPLES, ORANGES, PEARS, PLUMS, PEACHES, FRESH FRUIT SALAD

\*\*\*ALL FOOD PROVIDED BY FIVE STAR CATERERS