



CHALLENGE CAMP 1ST SESSION 2019 - MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			27 <ul style="list-style-type: none"> Baked Homemade Chicken Tenders Smashed Potatoes Roasted Vegetables Pasta Primavera 	28 <ul style="list-style-type: none"> Cheese Pizza Nacho Pizza Roasted Vegetables Sweet Potato Hash
July 1 <ul style="list-style-type: none"> Baked Fish Sticks Mashed Potatoes Roast Broccoli Soft Pretzels 	2 <ul style="list-style-type: none"> Cheese Quesadillas Roasted Corn Mexican Rice Chips & Salsa Bar 	3 <ul style="list-style-type: none"> Hamburgers Hot Dogs Veggie Burgers Baked Beans French Fries Grilled Onions 	4 NO CAMP	5 NO CAMP
8 <ul style="list-style-type: none"> Cheese Tortellini Alfredo Sauce Marinara Sauce Steamed Carrots Soft Pretzels 	9 <ul style="list-style-type: none"> Black Bean & Cheese Burritos Mexican Rice Roasted Corn on Cob Chips & Salsa Bar 	10 <ul style="list-style-type: none"> Chicken & Broccoli Sticky Rice Stir Fried Vegetables Egg Drop Soup 	11 <ul style="list-style-type: none"> Cornmeal Crusted Chicken Nuggets Green Onion Potato Pancakes Roasted Vegetables Pickles 	12 <ul style="list-style-type: none"> Cheese Pizza Margherita Pizza Roasted Vegetables Soft Pretzels
15 <ul style="list-style-type: none"> Waffles Cheesy Eggs Scrambled Eggs Home Fries 	16 <ul style="list-style-type: none"> Grilled Cheese Sandwich French Fries Steamed Vegetables Three Bean Chili 	17 <ul style="list-style-type: none"> Oven Roast Chicken Roast Red Potatoes Roasted Cauliflower Corn on the Cob 	18 <ul style="list-style-type: none"> Chicken Shawarma Pita Bread Lentil Rice Pilaf Grill Mediterranean Vegetable Pickles 	19 <ul style="list-style-type: none"> Cheese Pizza White Pizza Roasted Vegetables Sweet Potato Hash
22 <ul style="list-style-type: none"> Macaroni & Cheese Roasted Vegetable Pasta Tarragon Squash Steam Vegetables 	23 <ul style="list-style-type: none"> Cheese Quesadillas Rice Pilaf Steamed Cauliflower Soft Pretzels 	24 <ul style="list-style-type: none"> Baked Homemade Chicken Tenders Roast Red Potatoes Roasted Cauliflower Corn on the Cob 	25 <ul style="list-style-type: none"> Beef Tacos Mexican Rice Roasted Corn Salsa Refried Beans 	26 <ul style="list-style-type: none"> Cheese Pizza Greek Vegetable Pizza Roasted Broccoli with Oil ****SESSION ENDS

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, Soy Nut 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