



CHALLENGE CAMP 2ND SESSION 2019 - MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 29 <ul style="list-style-type: none"> • Cheese Tortellini • Alfredo Sauce • Marinara Sauce • Steamed Carrots • Soft Pretzels 	30 <ul style="list-style-type: none"> • Black Bean & Cheese Burritos • Mexican Rice • Roasted Corn on Cob • Chips & Salsa Bar 	31 <ul style="list-style-type: none"> • Grilled Burgers • Hot Dogs • Veggie Burgers • Baked Beans • French Fries 	August 1 <ul style="list-style-type: none"> • Cornmeal Crusted Chicken Nuggets • Green Onion Potato Pancakes • Roasted Vegetables Pickles 	2 <ul style="list-style-type: none"> • Cheese Pizza • Margherita Pizza • Roasted Vegetables • Soft Pretzels
5 <ul style="list-style-type: none"> • Waffles • Cheesy Eggs • Scrambled Eggs • Home Fries 	6 <ul style="list-style-type: none"> • Grilled Cheese Sandwich • French Fries • Steamed Vegetables • Three Bean Chili 	7 <ul style="list-style-type: none"> • Baked Homemade Chicken Tenders • Smashed Potatoes • Roasted Vegetables • Pasta Primavera 	8 <ul style="list-style-type: none"> • Chicken Shawarma • Pita Bread • Lentil Rice Pilaf • Grill Mediterranean Vegetable Pickles 	9 <ul style="list-style-type: none"> • Cheese Pizza • White Pizza • Roasted Vegetables • Sweet Potato Hash
12 <ul style="list-style-type: none"> • Macaroni & Cheese • Roasted Vegetable Pasta • Tarragon Squash • Steam Vegetables 	13 <ul style="list-style-type: none"> • Cheese Quesadillas • Roasted Corn • Mexican Rice • Chips & Salsa Bar • 	14 <ul style="list-style-type: none"> • Baked Homemade Chicken Tenders • Smashed Potatoes • Roasted Vegetables • Pasta Primavera 	15 <ul style="list-style-type: none"> • Beef Tacos • Mexican Rice • Roasted Corn • Salsa • Refried Beans 	16 <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