

CHALLENGE CAMP 2023

SESSION 1				
JUNE 26	JUNE 27	JUNE 28	JUNE 29	JUNE 30
Chicken Tenders Smashed Potatoes Steamed Broccoli Fresh Summer Fruit	Pasta Bar Fresh green Salad Green Beans Fresh Summer Fruit	Roasted Turkey Sweet Potato Wedges Vegetable Medley Chocolate Chip Cookies	Hamburger, Cheese Burger, Veggie Burger Oven Baked Fries Corn on the Cob Fresh Summer Fruit	Oven Baked Pizza Potato wedges Roasted carrots Brownies
JULY 3	JULY 4	JULY 5	JULY 6	JULY 7
Macaroni and Cheese Sweet Peas Apple Sauce	NO CAMP	Turkey Tacos Lettuce, Salsa, and Cheese Roasted Carrots Churros	Baked Ziti Vegetables Sweet Peas Summer Fruit	Oven Baked Fresh Pizza Vegetable Sticks Chocolate Chip Cookies
JULY 10	JULY 11	JULY 12	JULY 13	JULY 14
Popcorn Chicken Steamed Green Beans French Bread Chocolate pudding	Waffle Bar with Toppings Scrambled Eggs Roasted Potatoes Fresh Summer Fruit	Cheese Tortellini Vegetable Medley French Bread Fresh Summer Fruit	Hamburger, Cheese Burger, Veggie Burger Oven Baked Fries Corn on the Cob Fresh Summer Fruit	French Bread Pizza Vegetable Sticks Italian Ices
JULY 17	JULY 18	JULY 19	JULY 20	JULY 21
Fish and Chips French Green Beans Brownies	Chicken Tenders Cous cous Sautéed Broccoli Apple Sauce	Beef Tacos Lettuce, Salsa, and Cheese Roasted Carrots Summer Fruit	Macaroni and Cheese Zucchini fingers Jell-O	Pizza Salad Bar Chocolate Chip Cookies
SESSION 2				
JULY 24	JULY 25	JULY 26	JULY 27	JULY 28
Popcorn Chicken White and Wild Rice Roasted Squash Apple Sauce	Pasta Bar Fresh Tomato Salad Green Beans Brownies	Hamburger, Cheese Burger, Veggie Burger Oven Baked Fries Corn on the Cob Fresh Summer Fruit	Honey Dipped Chicken Smashed Sweet Potatoes Roasted Cauliflower Fresh Summer Fruit	Oven Baked Fresh Pizza Garlic roasted broccoli Pudding
JULY 31	AUGUST 1	AUGUST 2	AUGUST 3	AUGUST 4
BBQ Chicken Herbed Egg Noodles Snow Peas Fresh Summer Fruit	Macaroni and Cheese Whole Grain Rolls Vegetable Medley Apple Sauce	Turkey Tacos Lettuce, Salsa, and Cheese Confetti Rice Herbed Green Beans Fresh Summer Fruit	Waffle Bar with Toppings Scrambled Eggs Roasted Potatoes Cookies	French Bread Pizza Wheatberry Salad Fresh Summer Fruit
AUGUST 7	AUGUST 8	AUGUST 9	AUGUST 10	AUGUST 11
Hamburger, Cheese Burger, Veggie Burger Potato Salad Corn on the Cob Fresh Summer Fruit	Quesadillas Green Beans Fruit salad Churros	Pasta Bar French Bread Steamed Broccoli Fresh Summer Fruit	Chicken Tenders Oven Baked Fries Roasted Carrots Jell-o	Oven Baked Fresh Pizza Vegetable sticks Cookies

Daily Alternatives

Self service Salad Bar is available with lunch every day.

1% Milk and 100% Fruit Juice will be offered daily with lunch meal.

Yogurt and Fresh Hand Fruit

Plain Pasta (sauce on the side) and Plain Bagel will be offered daily as an alternative.

Ice Cream/ Ice Pop/ string cheese/ fruit option/ yogurt Treat served daily as afternoon Snack.

This menu is prepared without nuts and seeds

If you have a food allergy, please speak to the owner, manager, chef or your server.