

TRINITY SUMMER CAMP

JULY 2022 LUNCH MENU

White milk and water is offered to the children in the classroom.

Daily Fruit will be made up with a combination of some of these fruits:

- Berries
- Watermelon
- Cantaloupe
- Banana
- Mandarine Oranges
- Pineapple
- Pears
- Grapes

Some menu items will be substituted for infants and toddlers
Items in **bold** will contain Egg
Items Underlined will contain wheat
(D) contains dairy



MON

TUE

WED

THU

FRI

				1. Waffles (D) W/Breakfast Potatoes, Sausage Link, Daily Fruit
4. No School Lunch	5. <u>Cheese Quesadillas (D)</u> W/ Spanish Rice, Mexican Street Corn, & Daily Fruit	6. <u>Hamburger/Cheeseburger</u> (Cheese on Side) (D) W/Chips, Green Beans, & Daily Fruit	7. Chicken Alfredo (D) W/ <u>Garlic Bread</u> , Squash, & Daily Fruit	8. Pancake On A Stick (D) W/Breakfast Potatoes, Sausage Link, & Daily Fruit
11. <u>Grilled Cheese Sandwich (D)</u> W/Chips, Veggies w/ Ranch & Daily Fruit	12. <u>Ground Meat Soft Tacos</u> W/Cilantro Lime Rice, Corn & Black Beans Chutney & Daily Fruit	13. Orange Chicken W/Steamed Rice, Peas & Carrots, & Daily Fruit	14. Spaghetti & Meat Sauce W/ <u>Garlic Bread</u> , Green Beans, & Daily Fruit	15. French Toast Sticks (D) W/Breakfast Potatoes, Sausage Link, & Daily Fruit
18. <u>Popcorn Chicken</u> W/Mashed Potatoes (D), Roasted Corn & Daily Fruit	19. <u>Bean and Cheese (D)</u> <u>Burrito</u> W/Chips & Salsa, Mexican Street Corn, & Daily Fruit	20. <u>Hamburger/Cheeseburger</u> (Cheese on Side) (D) W/ <u>Mac N Cheese (D)</u> , Green Beans, & Daily Fruit	21. Baked Ziti (D) W/ <u>Garlic Bread</u> & Daily Fruit	22. Pancakes (D) W/Breakfast Potatoes, Sausage Link, & Daily Fruit
25. Cheeseburger Mac N Cheese (D) W/Green Beans & Daily Fruit	26. Mexican Street Bowl (D) W/Mexican Rice, Ranch (D) style Beans, Corn, Ground Meat, & Daily Fruit	27. Polynesian Chicken W/Pineapple Rice, Peas/Carrots, & Daily Fruit	28. Chicken Parmesan Sandwich W/ <u>Garlic Bread</u> , Green Beans, & Daily Fruit	29. Egg & Cheese (D) Breakfast Sandwich W/Breakfast Potatoes, Sausage Link, & Daily Fruit