

BEST SUMMMER EVER!

Summer Camps Lunch Menu | July 2-6 YMCA OF PIERCE AND KITSAP COUNTIES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

July 2-6*	Monday	Tuesday	Wednesday	Thursday	Friday
*No camp July 4	Chicken Wrap	Turkey Sandwich	There is no camp today. Happy Independence Day!	Ham Sandwich	Nacho Chicken
Fluid Milk	1% Milk			1% Milk	
Meat/Meat Alternate	Deli Chicken/ American Cheese	Deli Turkey/ American Cheese		Deli Ham/ American Cheese	Diced Chicken
Vegetable	Carrots	Carrots		Carrots	Celery
Fruit/Vegetable	Apples	Grapes		Grapes	Apples
Grain	Tortilla	Sandwich Bread		Sandwich Bread	Sunchips
Extra (Supplementary Items)	Lettuce	Lettuce		Lettuce	Nacho Cheese Sauce/ Cinnamon Crisps
Food Components Served					
Fluid Milk	1 Cup of 1% Milk Served Daily				
Meat/Meat Alternate	2 Oz Poultry/ .5 Oz MA	2 Oz Poultry/ .5 Oz MA	2 Oz Poultry	2 Oz Meat/ .5 Oz MA	2 Oz Poultry
Vegetable	1/2 Cup Vegetable Served Daily				
Fruit/Vegetable	1/4 Cup Fruit Or Vegetable Served Daily				
Grain (All menu items meet Whole Grain-Rich requirement)	2 Oz Grain	2 Slice Bread	2 Oz Grain	2 Slice Bread	1 Oz Grain
Extra (Supplementary Items)	.1 Cup Veg.	.1 Cup Veg.	Null/ .1 Cup Veg.	.1 Cup Veg.	Null/ 1 Oz Grain
Snacks	Oranges	Apples	Oranges	Apples	Oranges
	Goldfish	Graham Bunny	Cinnamon Crisps	Goldfish	Graham Bunny

Meals shown are preplanned, but are subject to change. If your child has dietary restrictions, it is recommended that they bring their own lunch.