

21st Century
YMCA Camp

YMCA LLPP

Boys & Girls Club

Meals are Free for all Participants

DAILY BREAKFAST MENUS

MONDAY—Cold Cereal & Grahams

TUESDAY—Muffin & Yogurt

WEDNESDAY—Sausage Breakfast Pizza

THURSDAY—Cold Cereal & Grahams

FRIDAY—Cocoa Cherry Bar & Yogurt

All breakfasts include choice of fruit juice and milk

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYE



MONDAY

LUNCH

Philly Style Cheesesteak On Flat Bread

Crunchy Baby Carrots w/Ranch Dip

Amazin' Raisins

Choice of Milk

TUESDAY

LUNCH

Soft Chicken Taco w/Shredded Cheese

Tostitos Baked Scoops W/Salsa

Seasonal Fresh Fruit

Choice of Milk

WEEK 1 WEDNESDAY

LUNCH

Hot Dog on a Bun

Southern Style Baked Beans

Rips 100% Juice Slush®

Choice of Milk

THURSDAY

LUNCH

Pork BBQ Rib Sandwich

Cucumber Sticks w/Ranch Dip

Applesauce Cup

Choice of Milk

FRIDAY

LUNCH

Cold Peli Sub w/Nacho Poritos

Fresh Veggie Medley w/Ranch Dip

Amazin' Raisins

Choice of Milk

OASTED

Just one bad, blistering sunburn as a child doubles your risk for skin cancer later in life.

Yet more than half of all kids report having at least a minor sunburn in the past year. Don't get

burned this summer!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

MONDAY

LUNCH

Corn Pog w/Cool Ranch Poritos

> Summer Sweet Grape Tomatoes

Pineapple Tidbit Cup

Choice of Milk

TUESDAY

LUNCH

Philly Style Cheesesteak On Flat Bread

Crisp Broccoli Florets w/Ranch Dip

Seasonal Fresh Fruit

Choice of Milk

WEEK 2

LUNCH

Chargrilled Cheeseburger on a Bun

Southern Style Baked Beans

Rips 100% Juice Slush®

Choice of Milk

THURSDAY

LUNCH

Cheese Pizza By the Slice

Cucumber Sticks w/Ranch Dip

Amazin' Raisins

Choice of Milk

FRIDAY

LUNCH

PBJ Uncrustable w/Mozzarella Stick & Sun Chips

Fresh Veggie Medley w/Ranch Dip

Applesauce Cup

Choice of Milk