



Summer Camp 2017

Meal Plan

Monday:

- Ham & Cheese Sandwich on whole wheat
- 1 orange
- Carrot & Celery Sticks
- Apple Juice
- Homemade Granola Bar

Tuesday:

- Chicken Salad Wrap
- 1 apple
- Broccoli & Cauliflower
- Orange Juice
- Chocolate Chip Muffin

Wednesday:

- Roast Beef Sandwich on Rye
- Grapes
- Cucumber slices & Radishes
- Lemonade Juice
- Carrot Cake Square

Thursday:

- Turkey Sandwich on multigrain
- 1 apple
- Carrots & Celery Sticks
- Orange Juice
- Rice crispie squares