

# MENU

WEEK 6: JULY 28–AUGUST 1, 2025

## Everyday:

- *Sun Butter and Jelly on hearty wheat*: Delicious-tasting sunflower butter is made with simple ingredients, free from the top eight food allergens, and contains more vitamins and minerals than most nut butters. It is paired with a variety of jellies and served on nutritious wheat bread.
- *American cheese sandwich on country white*: This is a take on a simple, classic sandwich loved by all kids. American cheese is thinly sliced and served between two pieces of hearty country white bread.

## Monday:

- *Chicken Caesar wrap with lettuce*: Diced chicken breast, romaine lettuce, parmesan cheese, and Caesar dressing wrapped in a soft tortilla.
- *Sliced deli ham and American cheese on country white*: This deliciously fresh take on a classic sandwich features country white bread, thinly sliced deli ham, and flavorful cheese. Condiment packets are included.

## Tuesday:

- *Fresh chicken salad wrap*: All white meat, shredded chicken, mayonnaise, and flavorful seasoning rolled in a soft tortilla shell.
- *Oven-roasted turkey sandwich on hearty wheat*: Roasted deli-style turkey sandwich on hearty wheat bread. Condiment packets are included.

## Wednesday:

- *All-white tuna on hearty wheat*: This flavorful sandwich features all-white tuna lightly mixed with mayo, served on hearty wheat bread.
- *Bologna and cheese sandwich on country white*: This is a classic sandwich: country white bread, thinly sliced bologna, and American cheese. Condiment packets are included.

## Thursday:

- *Oven-roasted turkey roll-up with cheese*: Flavorful spirals filled with thin-sliced turkey from the deli and flavorful cheese rolled up in a soft tortilla shell. Condiment packets are included.
- *Chicken Caesar wrap with lettuce*: Diced chicken breast, romaine lettuce, parmesan cheese, and Caesar dressing wrapped in a soft tortilla.

## Friday:

- *Grilled Hot Dog*: A summer tradition, it's time to fire up the grill for a cookout. Enjoy one or two freshly grilled hot dogs, and our counselors will help put on the condiments of your camper's choice.

A choice of a daily beverage (bottled water, white milk, chocolate milk, apple juice)

Apples and oranges are available daily, and a homemade chocolate chip cookie can be included in your child's lunch.