

KEHOE-FRANCE SUMMER CAMP LUNCH MENU

June 2020

HEALTHY COURSE MEALS

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>Little pioneer and one-year old drink options: whole milk or bottled water Two-year old drink options: 2% milk or bottled water Preschool (Three's, PK-4, and Kinder) drink options: 2% milk (white or chocolate), 100% orange juice, 100% apple juice, or bottled water 1st-8th drink options: 2% milk (white or chocolate), 100% orange juice, 100% apple juice, bottled water, or Gatorade</p> <p>Below is the menu for the first two weeks of camp. We will send the remaining weeks of June when they are available from Healthy Course Meals.</p> <p>IF YOU HAVE A YOUNGER CAMPER, PLEASE CIRCLE IF THEY WANT HOT LUNCH, A SANDWICH, OR BRING A HOME PACKED LUNCH. IF THEY WANT A SANDWICH, PLEASE INDICATE WHICH KIND. IF THEY NEED A GLUTEN-FREE OR VEGETARIAN OPTION, PLEASE INDICATE THIS ON THE MENU AS WELL. PLEASE RETURN THE COMPLETED MENU TO THEIR COUNSELOR.</p>				
8	9	10	11	12
<p>Entree with sides Red beans & rice with turkey sausage, salad, fresh fruit</p> <p>Sandwich PB&J, cheese, grilled cheese</p> <p>Packed Lunch</p>	<p>Entree with sides Chicken Quesadillas, rice, corn, fresh fruit</p> <p>Sandwich PB&J, cheese, grilled cheese</p> <p>Packed Lunch</p>	<p>Entree with sides Huey P's Pizza (cheese, pepperoni, or veggie)</p> <p>Sandwich PB&J, cheese, grilled cheese</p> <p>Packed Lunch</p>	<p>Entree with sides Chicken tenders, french fries, fresh fruit</p> <p>Sandwich PB&J, cheese, grilled cheese</p> <p>Packed Lunch</p>	<p>Entree with sides Spaghetti and meat sauce, veggies, fresh fruit</p> <p>Sandwich PB&J, cheese, grilled cheese</p> <p>Packed Lunch</p>
15	16	17	18	19
<p>Entree with sides Chicken pasta, sauteed veggies, fresh fruit</p> <p>Sandwich PB&J, cheese, grilled cheese</p> <p>Packed Lunch</p>	<p>Entree with sides Roast beef, rice, veggies, fresh fruit</p> <p>Sandwich PB&J, cheese, grilled cheese</p> <p>Packed Lunch</p>	<p>Entree with sides Huey P's Pizza (cheese, pepperoni, or veggie)</p> <p>Sandwich PB&J, cheese, grilled cheese</p> <p>Packed Lunch</p>	<p>Entree with sides Cheeseburger, fries, fresh fruit</p> <p>Sandwich PB&J, cheese, grilled cheese</p> <p>Packed Lunch</p>	<p>Entree with sides Cheese ravioli and marinara sauce, seasonal veggies, fresh fruit</p> <p>Sandwich PB&J, cheese, grilled cheese</p> <p>Packed Lunch</p>