



# TWO RIVERS YMCA Summer Camp

# JULY MENU

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**LUNCH** 1  
Smoked Chicken Sandwich, Diced Peaches, Cole Slaw

**SNACK**  
Orange Juice, Cheetos

**LUNCH** 2  
Corn Dog, Pineapple, French Fries

**SNACK**  
Grape Juice, Doritos

**LUNCH** 3  
Turkey & Cheese Sandwich, Banana, Potato Salad

**SNACK**  
Berry Juice  
Scooby Grahams

**LUNCH** 6  
Salisbury Steak, Corn, Mashed Potatoes, Dinner Roll

**SNACK**  
Fruit Punch, Fritos

**LUNCH** 7  
Chicken & Biscuits  
Apple Sauce, Mixed Vegetables

**SNACK**  
Apple Juice, Sun Chips

**LUNCH** 8  
Spaghetti & Meatballs, Green Beans, Salad

**SNACK**  
Berry Juice, Cheez-Its

**LUNCH** 9  
Chicken Crispito, Cantaloupe, Cole Slaw

**SNACK**  
Orange Juice, Goldfish

**LUNCH** 10  
Hamburger, Diced Pears, Tater Tots

**SNACK**  
Grape Juice, Chex Mix

**LUNCH** 13  
Mac & Cheese, Grapes, Peas & Carrots

**SNACK**  
Apple Juice, Cheeze & Crackers

**LUNCH** 14  
Hot Dog, Diced Peaches, Broccoli Salad

**SNACK**  
Orange Juice, Cheetos

**LUNCH** 15  
Tacos, Apple Sauce

**SNACK**  
Berry Juice, Doritos

**LUNCH** 16  
Sloppy Joes, Mandarin Oranges, Potato Salad

**SNACK**  
Grape Juice, Scooby Grahams

**LUNCH** 17  
Peanut Butter Sandwich, Apple, Baby Carrots, String Cheese

**SNACK**  
Fruit Punch, Sun Chips

**LUNCH** 20  
Lasagna Roll Ups, Salad, Green Beans, Breadstick

**SNACK**  
Berry Juice, Goldfish

**LUNCH** 21  
Meatloaf, Cooked Carrots, Scalloped Potatoes, Dinner Roll

**SNACK**  
Grape Juice  
Chex Mix

**LUNCH** 22  
Pancakes, Sausage, Hash Brown Patty, Diced Peaches

**SNACK**  
Orange Juice, Cheez-Its

**LUNCH** 23  
Hamburger, Watermelon, Cheesy Hashbrowns

**SNACK**  
Fruit Punch, Fritos

**LUNCH** 24  
Pepperoni Pizza, Apple Slices, Salad

**SNACK**  
Apple Juice, Cheeze & Crackers

**LUNCH** 27  
Grilled Chicken, Salad, Mandarin Oranges, Breadstick

**SNACK**  
Berry Juice, Sun Chips

**LUNCH** 28  
Hot Dog, Banana, Cole Slaw

**SNACK**  
Grape Juice, Cheetos

**LUNCH** 29  
Chicken Legs, Mixed Fruit, Mashed Potatoes, Dinner Roll

**SNACK**  
Apple Juice, Doritos

**LUNCH** 30  
Beef Stroganoff, Pineapple, Cooked Carrots

**SNACK**  
Fruit Punch, Goldfish

**LUNCH** 31  
Ham & Cheese Sandwich, Apple, Baby Carrots

**SNACK**  
Orange Juice, Scooby Grahams

Milk is served with lunch every day.