



TWO RIVERS YMCA Summer Camp

JULY MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

LUNCH
Hamburger
Mandarin Oranges
Green Beans

SNACK
Berry Juice
Doritos

2

LUNCH
Pepperoni Pizza
Diced Pineapple
Tossed Salad

SNACK
Orange Juice
Sun Chips

5

LUNCH
Beef & Cheese Sandwich
Diced Peaches
Baby Carrots

SNACK
Fruit Punch
Cheez-Its

6

LUNCH
Chicken Sandwich
Diced Pineapple
French Fries

SNACK
Grape Juice
PB & Crackers

7

LUNCH
Chicken Crispito
Diced Pears
Cooked Carrots

SNACK
Orange Juice
Goldfish

8

LUNCH
Hot Dog
Applesauce
Cherry Tomatoes

SNACK
Berry Juice
Chex Mix

9

LUNCH
Meatloaf
Corn
Mashed Potatoes
Bread Roll

SNACK
Fruit Punch
Fritos

12

LUNCH
BBQ Rib Sandwich
Apple
Tator Tots

SNACK
Orange Juice
Goldfish

13

LUNCH
Lasagna Roll Up
Mandarin Oranges
Tossed Salad

SNACK
Berry Juice
Sunchips

14

LUNCH
Turkey & Cheese Sandwich
Diced Pears
Celery

SNACK
Orange Juice
Cheetos

15

LUNCH
Hamburger
Diced Pineapple
Green Beans

SNACK
Grape Juice
Cheez-Its

16

LUNCH
Fish Sticks
Diced Peaches
Peas & Carrots

SNACK
Fruit Punch
Doritos

19

LUNCH
PB&J Sandwich
Applesauce
Baby Carrots
Cheese Stick

SNACK
Berry Juice
Fritos

20

LUNCH
Chicken Nuggets
Grapes
Mixed Vegetables

SNACK
Fruit Punch
Chex Mix

21

LUNCH
Tacos
Strawberry Applesauce

SNACK
Grape Juice
PB & Graham Crackers

22

LUNCH
Macaroni & Cheese
Mandarin Oranges
Peas

SNACK
Orange Juice
Sunchips

23

LUNCH
Salisbury Steak
Corn
Scalloped Potatoes
Bread Roll

SNACK
Berry Juice
Goldfish

26

LUNCH
Ham & Cheese Sandwich
Diced Pears
Baby Carrots

SNACK
Orange Juice
Doritos

27

LUNCH
Hot Dog
Mandarin Oranges
Cooked Carrots

SNACK
Cheese Stick, Crackers
Fruit Punch

28

LUNCH
Pulled Chicken Sandwich
Diced Peach
Baked Beans

SNACK
Grape Juice
Chex Mix

29

LUNCH
Corn Dog
Pineapple
Celery

SNACK
Fruit Punch
Goldfish

30

LUNCH
Chicken Burrito
Applesauce
Green Beans

SNACK
Berry Juice
Fritos

Milk is served with lunch every day.