

**1st WEEK of session 3, 4, 5 & Session 6**

**UPDATED 7/4/2023 13:43**

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
Directors/ Stayovers Bagels Cream Cheese & Butter		French Toast Hard Boiled Eggs		BREAKFAST SANDWICHES English Muffins, Egg Sausage Patty & Cheese		Blueberry Muffin Scrambled Eggs Bacon		Pancakes Hard Boiled Eggs		Assorted Breakfast Bread Scrambled Eggs Bacon		Oatmeal & Yogurt Bar Oatmeal Vanilla Yogurt Granola, Dried Fruit, Almonds, Mmello Sugar, Choc chips, coconut, misc.	
Cold Cereal		Yogurt Cold Cereal Fresh Fruit		Oatmeal Cold Cereal Fresh Fruit		Yogurt Cold Cereal Fresh Fruit		Oatmeal Cold Cereal Fresh Fruit		Yogurt Cold Cereal Fresh Fruit		Mixed Berries Hard Boiled Eggs Cold Cereal Fresh Fruit	
Fruit Juice Milk & Non-Dairy Milk		Juice Milk & Non-Dairy Milk		Juice Milk & Non-Dairy Milk		Juice Milk & Non-Dairy Milk		Juice Milk & Non-Dairy Milk		Juice Milk & Non-Dairy Milk		Juice Milk & Non-Dairy Milk	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH- OUTBACK	
Staff & Stayovers Sandwich Bar Lunch Meat Cheese Green Salad Chips		GRILLED CHEESE DAY Tomato Soup *dairy free avail Grilled Cheese Sandwiches Egg Salad Chips Fresh Veggies & Dip AJ's Snickers Salad Lemonade		Taco Tuesday *served separately Hard & Soft Taco Shells Refried Beans & Ground Beef Lettuce, Tomato, Cheese Salsa, Sour Cream Fresh Veggies & Dip Watermelon Lemonade		Chili & Potato Bar Chili *veggie avail Broccoli Cheese Soup - V Chicken Strips Steamed Broccoli Baked Potato Cheese, Bacon, Sour Cream Fresh Veggies & Dip Pineapple Lemonade		Chicken Noodle Soup Sloppy Joes V- Lentil Sloppy Chips Fresh Veggies & Dip Fresh Fruit Fruit Punch		BAG LUNCH Chicken Caesar Wrap PB&J Sandwich Chef Salad Cheese Sandwich Chips Carrot Sticks Whole Fruit Cookies Juice Box		(NO LUNCH 6TH SES) SOFTBALL COOK-OUT All Beef Hot Dog - Veggie Dog Sauerkraut & PB Veggie Baked Beans Chips Fresh Veggies & Dip Oranges Brownies w/ Powdered Sugar Lemonade	
DINNER		DINNER		DINNER		DINNER		DINNER		DINNER		DINNER	
DINNER AT 6PM Lasagna Meat & Veggie *GF/Dairy Free Available		Orange Chicken -Veggie Orange *Ch Vegetable Fried Rice Veggie Egg Roll		Pizza *GF/Dairy Free Avail Soup Orzo Salad Steamed Vegetable		OUTBACK COOKOUT Hamburgers Veggie Burger * Cheese optional Fruit Salad Fresh Veggies & Dip Chips		Chicken Fish Wild Rice Roasted Carrots Pita, Veggie, Hummus Greek Salad Bar Cucumber, Red Onion, Tomato Olives, Chickpea, Feta Cheese Cupcakes Milk		Spaghetti or Ravioli *gf pasta avail Marinara Meatballs & Veggie Balls Roasted Broccoli and Cauliflower Caesar Salad Bar Garlic Bread Apple Crisp Milk		(NO DINNER 6TH SES) Burrito Bowl Beef and Chicken Black Beans Cilantro Brown Rice Grilled Fajita Vegetables Corn Chips Burrito Themed Salad Bar Lettuce, Cheese, Salsa Sour Cream, Guacamole, Black Olives Milk	
Tomato Basil Couscous Salad Cauliflower Texas Toast Garlic Bread Caesar Salad - dressed on the line		Steamed Vegetable Salad Bar w/ Ginger Dressing		Salad Bar Parmesan Cheese Oreo Mud Pie Milk		Cookies Fruit Punch		Cupcakes Milk		Apple Crisp Milk			
Devils Food Cake Milk		Cookies Milk		Oreo Mud Pie Milk		Cookies Fruit Punch		Cupcakes Milk		Apple Crisp Milk			
<p><b>MILK AVAILABLE AT BREAKFAST AND DINNER INCLUDES COW'S MILK, PLAIN SOY OR UNSWEETENED ALMOND MILK</b></p> <p><b>COMPARABLE GLUTEN FREE AND VEGAN ITEMS AVAILABLE UPON REQUEST - PLEASE LET KITCHEN KNOW IN ADVANCE - THESE ITEMS ARE NOT ON THE LINE PLEASE ASK.</b></p> <p><b>ITEMS MAY BE SUBSTITUTED AS NEEDED BASED ON AVAILABILITY</b></p>													

**SESSION 2 AND 2nd week of session 3, 4, 5**

**UPDATED 7/4/2023 13:43**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<b>LEISURE BREAKFAST 9-10am</b> Bagels And Cream Cheese Hard Boiled Eggs  Yogurt & Granola Cold Cereal Fresh Fruit  Fruit Juice Milk & Non-Dairy Milk	Cinnamon Rolls Scrambled Eggs Bacon  Oatmeal Cold Cereal Fresh Fruit  Fruit Juice Milk & Non-Dairy Milk	<b>BREAKFAST SANDWICHES</b> English Muffins, Egg Sausage Patty & Cheese  Yogurt & Granola Cold Cereal Fresh Fruit  Fruit Juice Milk & Non-Dairy Milk	Muffins Scrambled Eggs Bacon  Oatmeal Cold Cereal Fresh Fruit  Fruit Juice Milk & Non-Dairy Milk	Pancakes - Plain and Blueberry Hard Boiled Eggs  Yogurt & Granola Cold Cereal Fresh Fruit  Fruit Juice Milk & Non-Dairy Milk	Scrambled Eggs Potatoes Sausage  Oatmeal Cold Cereal Fresh Fruit  Fruit Juice Milk & Non-Dairy Milk	Coffee Cake Hard Boiled Eggs  Yogurt & Granola Cold Cereal Fresh Fruit  Fruit Juice Milk & Non-Dairy Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<b>SUNDAY BRUNCH served at 12:15</b> Scrambled Eggs Sausage Links * Veg Avail Home Fries Chicken & Egg Salad * Vegan Egg Salad Avail Croissant  Lettuce & Tomato Melon  Orange Juice & Milk	Vegetable Soup - V Mac & Cheese * GF or Dairy Free Avail Beans & Weenies *Veggie Beans Avail Broccoli Salad  Fresh Veggie & Dip Fruit Salad  Lemonade or Iced Tea	<b>Taco Tuesday</b> Quesadillas Chicken & Cheese Cheese Bean  Corn Chips Themed Salad Bar Lettuce, Cheese, Salsa Sour Cream, Guac, Black Olives Sliced Oranges Fresh Veggie  Lemonade or Iced Tea	Chicken Sandwich Fish Sandwich White Bean & Veggie Pasta Salad  Chips  Fresh Veggie & Dip AJ's Snicker Salad  Lemonade or Iced Tea	Pizza Pinwheel - Cheese & Pep * GF or Dairy Free Avail Italian Soup  Fresh Veggie & Dip  Caesar Salad - Dressed on the line  Cookies Lemonade or Iced Tea	<b>BAG LUNCH</b> Cheese Sandwich PB&J Sandwich Turkey Sandwich w/ cheese. Lettuce, tomato Ketchup, Mustard, Mayo Packets Chips  Fresh Veggie Fruit Cookies Juice Box	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
(Switch to Lasagna 2ND) Pulled Pork & Veggie BBQ Sweet Potato w/ Cinn Butter & B.Sugar Corn Casserole  Celery w/cream cheese Apples & Bananas Halved Pineapples w/ Cherries Rolls  Watermelon Fruit Punch	Pizza *GF/Dairy Free Avail Mozzarella Sticks Marinara for Dipping  Steamed Vegetable Salad  Parmesan Cheese  Dessert Milk	<b>OUTBACK COOKOUT</b> Turkey Burger or Veggie Burger * Cheese optional Deviled Eggs  Fruit Salad Fresh Veggie & Dip Green Salad Chips  Cookies Lemonade	We are going to try a different meal each session on this night.  TBA  Milk	Chicken Nugget *Veggie Nugget Mashed Potatoes and Gravy  Steamed Corn Green Beans  Biscuit  Cake Milk	Spaghetti *gf pasta avail Chicken & Eggplant Parmesan *gf df pasta avail  Vegetable Caesar Salad Bar  Garlic Bread Parmesan Cheese  Ms. Denise's Chocolate Cake Milk	

**MILK AVAILABLE AT BREAKFAST AND DINNER INCLUDES COW'S MILK, PLAIN SOY OR UNSWEETENED ALMOND MILK  
 COMPARABLE GLUTEN FREE AND VEGAN ITEMS AVAILABLE UPON REQUEST - PLEASE LET KITCHEN KNOW IN ADVANCE - THESE ITEMS ARE NOT ON THE LINE PLEASE ASK.**