

OCYMCA Summer Camp
2023 Menu: Week A

Monday

Lunch:

Cold Grilled Chicken Sand. w/BBQ Sauce,
Mixed Fruit Cup, and 1% Chocolate Milk

PM Select:

Whole Grain Cinnamon Granola

Tuesday

Lunch:

Turkey Sand. w/Amer. Cheese, Celery Sticks
w/Ranch Dip, Banana, and 1% White Milk

PM Select:

Whole Grain Cheez Its

Wednesday

Lunch:

Beef Meatballs w/ Tomato Sauce, Fresh
Apple, Green Beans, and 1% Chocolate Milk

PM Select:

Whole Grain Banana Muffin

Thursday

Lunch:

All Beef Italian Sub w/Prov. Cheese, Plum,
Baby Carrots w/Ranch, and 1% White Milk

PM Select:

Whole Grain Cinnamon Granola

Friday

Lunch:

Beef Hotdog, Strawberry Applesauce Cup,
Veg. Baked Beans, and 1% Chocolate Milk

PM Select:

Whole Grain Pretzels