

OCYMCA Summer Camp
2023 Menu: Week B

Monday

Lunch:

Whole Wheat Beef Hamburger, Peach, Homestyle Potatoes, and 1% Chocolate Milk

PM Select:

Whole Grain Goldfish Colors

Tuesday

Lunch:

Whole Grain Tuna Sand., Peach Applesauce, Celery Sticks w/Ranch, and 1% White Milk

PM Select:

Pretzels

Wednesday

Lunch:

Turkey, Ham, and Swiss Cheese Sand., Peach Cup, a Side Salad, and 1% Chocolate Milk

PM Select:

Whole Grain Blueberry Muffin

Thursday

Lunch:

Whole Wheat Cheese Pizza Mixed Fruit Cup, Sliced Cucumber Salad, and 1% White Milk

PM Select:

Whole Grain Cinnamon Granola

Friday

Lunch:

Chicken and American Cheese Sand., Fresh Orange, Potato Salad, and 1% Chocolate Milk

PM Select:

Whole Grain Cheese Itz