



2017 Summer Camp Lunch Menu

LSF Summer Day Camp menus feature a three-week rotating menu. Each full day camper will receive a morning snack and hot lunch meal. LSF camp lunch menus are nut-free however we will make additional accommodations for food allergies and dietary restrictions.

Monday	Tuesday	Wednesday	Thursday	Friday
Weeks 1, 4, 7, 10 & 13				
Griddled Harrison Farms chicken breast Sautéed green beans Buttered noodles with grated parmesan on the side 2% Milk or Water	Cheese & Pepperoni Pizza Garden Salad Sautéed Broccoli 2% Milk or Water	Chicken Stir Fry with Veggies Brown Rice Crunchy Carrots 2% Milk or Water	Wisconsin Colby Mac & Cheese Applesauce Cup Vegetable Medley 2% Milk or Water	*Bagged Lunch* Roasted Turkey, Colby cheese, Lettuce in a Whole Wheat Tortilla HandySnack: Cheese & Crackers Crunchy Carrots Cookie Bottled Water
Weeks 2, 5, 8, & 11				
Boneless BBQ Harrison Farms chicken Buttered corn Brown rice 2% Milk or Water	Roast Ferndale Farms turkey breast Buttered peas Roasted redskin potatoes 2% Milk or Water	*Breakfast for Lunch* Buttermilk pancakes & maple syrup Turkey sausage Fresh cut melon 2% Milk or Water	Basil cream marinara over Penne Pasta Buttered carrots Garlic bread 2% Milk or Water	*Bagged Lunch* ½ Chicken Sandwich on multigrain bread with lettuce, provolone mayo and mustard on side Hummus cup with veggies That's It Bar Cookie Bottled Water
Weeks 3, 6, 9, & 12				
All-Beef Vienna Hot Dogs Butter Peas Kettle Chips 2% Milk or Water	Chicken tacos Corn & flour tortillas Pico de gallo Mexican rice Fiesta Corn with bell peppers 2% Milk or Water	Spaghetti & meatballs with marinara sauce Garlic bread Buttered carrots 2% Milk or Water	Grass-fed hamburgers Sliced whole milk Wisconsin Colby cheese Mashed Potatoes Creamed Spinach 2% Milk or Water	*Bagged Lunch* Snack Pack: Turkey, cheese, crackers and grapes Crunchy Carrots Applesauce Cup Cookie Bottled Water

Daily Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
Apple	Banana	Peach	Clementine	Pear
Pirates Booty Puffs OR Smart Puffs	Goldfish OR Animal Crackers	Handy Snack: Cheese & Cracker OR That's It Bar	Pretzels OR Teddy Grahams	Veggie Straws OR Apple Straws