

July 2010

Snack & Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Independence Day	5 Holiday No Camp	6 S – yogurt & fresh Fruit L – pita pizza, fresh veggies/Ranch dressing	7 S – crackers & fresh Fruit L – Tofu nuggets, fresh veggies/Ranch dressing, rice balls	8 S – blueberry oatmeal bars L – macaroni & cheese, fresh fruit	9 S – Shabbat fresh fruit kabobs L – quesadillas, fresh veggies, salsa/chips	10
11	12 S – yellow cake muffins L – spaghetti pie, fresh veggies/ Ranch dressing	13 S – veggie faces L – pink pancakes, fresh fruit	14 S – Waldorf fruit salad L – grilled cheese, fresh veggies/ Ranch dressing	15 S – frozen yogurt pops L – lasagna, fresh fruit, Greek dip/ crackers	16 S – Shabbat apple cookies L – buttered noodles, fresh fruit	17
18	19 S – shape kabobs L – scrambled eggs, fresh veggies/ Ranch dressing	20 S – brownies L – French toast, fresh fruit, deviled eggs	21 S – fresh fruit smoothies L – blueberry muffins, non-fat yogurt, Fresh veggies	22 S – doughnuts L – tortilla "cigars", fresh veggies/ Ranch dressing	23 S – Shabbat carrot muffins L – vegetable soup, couscous, fresh fruit	24
25	26 S – lemon raspberry cup cakes L – waffle sandwiches, fresh fruit, deviled eggs	27 S – yogurt fresh fruit L – pita pizza, fresh veggies/Ranch dressing	28 S – crackers & fresh fruit L – Tofu nuggets, fresh veggies/ Ranch dressing, rice balls	29 S – chocolate cookies L – macaroni & cheese, fresh fruit	30 S – bugs on a celery log L – quesadillas, fresh Fruit, salsa/chips	31