3 Chicken Tenders	Tuesday			
Chicken Tenders		Wednesday	Thursday	Friday
OR: Vegetarian Nuggets WITH: Mac 'N' Cheese Fruit/Vegetable Water	No Camp Activities Happy 4th of July	5 Hot Dog OR: Vegetarian Corndog WITH: Chips Bakery Fresh Bun Fruit/Vegetable Water	6 Shredded Chicken Quesadilla OR: Cheese Quesadilla WITH: Street Corn Fruit/Vegetable Water	7 Cheese Pizza! WITH: Chocolate Chip Cookie Fruit/Vegetable Water
Chicken Tenders OR: Vegetarian Nuggets WITH: Pasta Salad Fruit/Vegetable Water	11 Chicken Sandwich OR: Vegetarian Burger WITH: Bakery Fresh Bun Lettuce, Pickle American Cheese Chips Fruit Water	12 Corndog OR: Vegetarian Corndog WITH: Baked Beans Fruit/Vegetable Water	Homestyle Waffle with Pork Sausage Patty OR: Vegetarian Sausage Patty WITH: Syrup Fruit/Vegetable Water	14 Cheese Pizza! WITH: Variety Pudding Cup Fruit/Vegetable Water
Chicken Tenders OR: Vegetarian Nuggets WITH: Mac 'N' Cheese Fruit/Vegetable Water	18 Hamburger OR: Fried Green Tomato Sandwich WITH: Bakery Fresh Bun Lettuce, Pickle American Cheese Chips Fruit Water	19 Hot Dog OR: Vegetarian Corndog WITH: Chips Bakery Fresh Bun Fruit/Vegetable Water	20 Shredded Chicken Quesadilla OR: Cheese Quesadilla WITH: Street Corn Fruit/Vegetable Water	21 Cheese Pizza! WITH: Chocolate Chip Cookie Fruit/Vegetable Water
Chicken Tenders OR: Vegetarian Nuggets WITH: Pasta Salad Fruit/Vegetable Water	25 Chicken Sandwich OR: Vegetarian Burger WITH: Bakery Fresh Bun Lettuce, Pickle American Cheese Chips Fruit Water	26 Corndog OR: Vegetarian Corndog WITH: Baked Beans Fruit/Vegetable Water	27 Homestyle Waffle with Pork Sausage Patty OR: Vegetarian Sausage Patty WITH: Syrup Fruit/Vegetable Water	28 Cheese Pizza! WITH: Variety Pudding Cup Fruit/Vegetable Water
Chicken Tenders OR: Vegetarian Nuggets WITH: Mac 'N' Cheese Fruit/Vegetable Water	1 Hamburger OR: Fried Green Tomato Sandwich WITH: Bakery Fresh Bun Lettuce, Pickle American Cheese Chips Fruit Water	2 Hot Dog OR: Vegetarian Corndog WITH: Chips Bakery Fresh Bun Fruit/Vegetable Water	3 Shredded Chicken Quesadilla OR: Cheese Quesadilla WITH: Street Corn Fruit/Vegetable Water	Cheese Pizza! WITH: Chocolate Chip Cookie Fruit/Vegetable Water ChefAdvantage

V = Vegetarian Entrée Options

Water Served with Lunch Daily

Gluten Free Option Available



July/August 2023	Allergen List			
Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Tenders W Vegetarian Nuggets W,E,M,S Mac 'N' Cheese W,M	No Camp Activities Happy 4th of July	5 Hot Dog None Vegetarian Corndog W,M,E,S Chips W,M,S Bakery Fresh Bun W,M	6 Shredded Chicken Quesadilla W,M Cheese Quesadilla W,M Street Corn E,M	7 Cheese Pizza W,M Chocolate Chip Cookie W,M,E,S
10 Chicken Tenders W Vegetarian Nuggets W,M,E,S Pasta Salad W,M	11 Chicken Sandwich W Vegetarian Burger W,S Bakery Fresh Bun W,M Lettuce, Pickle None American Cheese M Chips W,M,S	12 Corndog W,S,E Vegetarian Corndog W,S,M,E Baked Beans None	13 Homestyle Waffle W,M,E,S Pork Sausage Patty None Vegetarian Sausage Patty W,M,E,S Syrup None	14 Cheese Pizza W,M Variety Pudding Cup M
17 Chicken Tenders W Vegetarian Nuggets W,E,M,S Mac 'N' Cheese W,M	18 Hamburger None Fried Green Tomato Sandwich W,E,S Bakery Fresh Bun W,M Lettuce, Pickle None American Cheese M Chips W,M,S	19 Hot Dog None Vegetarian Corndog W,M,E,S Chips W,M,S Bakery Fresh Bun W,M	20 Shredded Chicken Quesadilla W,M Cheese Quesadilla W,M Street Corn E,M	21 Cheese Pizza W,M Chocolate Chip Cookie W,M,E,S
24 Chicken Tenders W Vegetarian Nuggets W,M,E,S Pasta Salad W,M	Chicken Sandwich W Vegetarian Burger W,S Bakery Fresh Bun W,M Lettuce, Pickle None American Cheese M Chips W,M,S	26 Corndog W,S,E Vegetarian Corndog W,S,M,E Baked Beans None	27 Homestyle Waffle W,M,E,S Pork Sausage Patty None Vegetarian Sausage Patty W,M,E,S Syrup None	28 Cheese Pizza W,M Variety Pudding Cup M
31 Chicken Tenders W Vegetarian Nuggets W,E,M,S Mac 'N' Cheese W,M	1 Hamburger None Fried Green Tomato Sandwich W,E,S Bakery Fresh Bun W,M Lettuce, Pickle None American Cheese M Chips W,M,S	2 Hot Dog None Vegetarian Corndog W,M,E,S Chips W,M,S Bakery Fresh Bun W,M	3 Shredded Chicken Quesadilla W,M Cheese Quesadilla W,M Street Corn E,M	4 Cheese Pizza W,M Chocolate Chip Cookie W,M,E,S

ALLERGEN KEY:

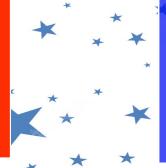
Soy = S

Wheat = W

Egg = E

Milk = M

Fish = F



This list is comprised of the most common allergens we chart, including eggs, soy, fish, wheat, and milk.

Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program.