


Tate's Day Camp

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| 3 <br> Chicken Tenders <br> OR: Vegetarian Nuggets WITH: <br> Pasta Salad <br> Fruit/Vegetable <br> Water | 4 <br> Cheesy Italian Lasagna <br> with: Garlic Breadsticks <br> Garlic Bread <br> Steamed Peas <br> Fruit/Vegetable <br> Water | ```5 Corndog OR: Vegetarian Corndog WITH: Baked Beans Fruit/Vegetable Water``` | 6 <br> Chicken Parm sandwich <br> OR: Vegetarian Burger WITH: <br> Bakery Fresh Bun Lettuce, Pickle American Cheese Chips <br> Fruit <br> Water | 7 <br> Cheese Pizza! <br> WITH: <br> Variety Pudding Cup <br> Fruit/Vegetable <br> Water |
| 10 <br> Teriyaki Chicken <br> Or Teriyaki Colliflower Bites <br> Rice <br> Stir Fry vegetables <br> Salad Bar | 11 <br> Hamburger W Bacon Jam <br> OR: Fried Green Tomato <br> Sandwich <br> WITH: <br> Bakery Fresh Bun <br> Lettuce, Pickle <br> American Cheese <br> Chips <br> Fruit <br> Water | 12 <br> Turkey \& Cheese Hoagie <br> OR: Chickpea Salad <br> hoagie <br> WITH: <br> Chips <br> Bakery Fresh Bun <br> Fruit/Vegetable <br> Water | 13 <br> Shredded Chicken Quesadilla <br> OR: Cheese Quesadilla <br> WITH: <br> Street Corn <br> Fruit/Vegetable <br> Water | 14 <br> Cheese Pizza! <br> WITH: <br> Chocolate Chip Cookie <br> Fruit/Vegetable <br> Water |
| 17 <br> Chicken Burrito Bowl <br> OR: Vegetarian Nugget <br> Bowl <br> WITH: <br> Fruit Salad <br> Fruit/Vegetable <br> Water | 18 <br> BBQ Pork Sand <br> OR: veggie burger <br> WITH: <br>  <br> Cole Slaw <br> Fruit <br> Water | 19 <br> Chicken Salad Croissant <br> or Cucumber cream <br> cheese croissant <br> WITH: <br> Chips <br> Fruit/Vegetable <br> Water | 20 <br> Ground Beef Tacos Soft shell or Mushroom based Ground Beef Substitute wITH: Toppings, Rice refried Beans Fruit Water | 21 <br> Cheese Pizza! <br> WITH: <br> Brownie <br> Fruit/Vegetable Water |
| 24 <br> Chicken <br> Mac ' ${ }^{\prime}$ ' Cheese OR: Mac 'N'Cheese WITH: Fruit/Vegetable Water | 25 <br> Western Hamburger Bacon, BBQ Sauce \& Swiss Cheese <br> OR: Fried Green Tomato Sandwich <br> WITH: <br> Bakery Fresh Bun Lettuce, Pickle American Cheese Chips <br> Fruit <br> Water | 26 <br> Hot Dog <br> OR: Vegetarian Corndog <br> WITH: <br> Chips <br> Bakery Fresh Bun <br> Fruit/Vegetable <br> Water | 27 <br> Orange Chicken or Chicken substitute. Basmati Rice \& Peas Fruit/Vegetable Water | 28 <br> Cheese Pizza! <br> WITH: <br> Cup cakes <br> Fruit/Vegetable <br> Water |

## V = Vegetarian Entrée Options

## Water Served with Lunch Daily

Gluten Free Option Available

We are committed to Healthy, Nutritious \& Delicious Meals. Locally sourced ingredients included whenever possible. No High Fructose Corn Syrup, Trans Fats, or MSG are used in our recipes.

Tate's Day Camp

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| 3 <br> Chicken Tenders W <br> Vegetarian Nuggets <br> $\mathbf{W}, \mathrm{E}, \mathrm{M}, \mathrm{S}$ <br> Mac 'N' Cheese W,M | 4 Cheesy Italian Lasagna W,M,E Sauteed Zucchini None Fresh Whole Fruit None Garlic Bread W | 5 <br> Corndog W,S,E <br> Vegetarian Corndog <br> W,S,M,E <br> Báked Beans None | 6 <br> Chicken Sandwich W,M Vegetarian Burger WS Bakery Fresh Bun W,M Lettuce, Pickle None American Cheese M Chips W,M,S | $7$ <br> Cheese Pizza W,M Variety Pudding Cup M |
| 10 <br> Teriyaki Chicken W,S Or Teriyaki Colliflower Bites W,S Rice None Stir Fry vegetables WS | 11 <br> Hamburger None Fried Green Tomato Sandwich W,E,S Bakery Fresh Bun W,'M Lettuce, Pickle None American Cheese M Chips W,M,S | 12 <br> Turkey \& Cheese Hoagie W,M <br> OR: Chickpea Salad hoagie, W,M.E with: <br> Chips W,M <br> Bakery Fresh Bun W | 13 <br> Shredded Chicken Quesadilla W,M Cheese Quesadilla W,M Street Corn E,M | 14 <br> Cheese Pizza W,M Chocolate Chip Cookie W,M,E,S |
| 17 <br> Chicken Burrito Bowl M or: Vegetarian Nugget W,S Fruit Salad None Fruit/Vegetable None | 18 BBQ Pork Sand W or: veggie burger W,S E,S Vegetarian Baked beans None Cole Slaw None Fruit None | 19 <br> Chicken Croissant W <br> Vegetarian Croissant W,E <br> Lettuce, Pickle None <br> Fruit None <br> Chips W,M,S | 20 <br> Ground Beef Tacos Soft shell W <br> Mushroom based Ground Beef Substitute W Rice None Refried Beans None Fruit None | 21 <br> Cheese Pizza W,M <br> Variety Pudding Cup M |
| 24 <br> Chicken <br> Mac ' $N$ ' Cheese W,M <br> Mac ' $N$ ' Cheese W,M <br> Fruit None <br> Vegetable None | 25 <br> Hamburger None <br> Fried Green <br> Tomato Sandwich W,E,S <br> Bakery Fresh Bun W,'M <br> Lettuce, Pickle None <br> Americán Cheese M <br> Chips W,M,S | 26 <br> Hot Dog None <br> Vegetarian Corndog <br> W,M,ES <br> Chips W,M,S <br> Bakery Fresh Bun W,M | 27 <br> Orange Chicken W,M Chicken substitute. <br> W,M,E,S <br> Basmati Rice None <br> Peas None <br> Fruit None <br> Vegetable None | 28 <br> Cheese Pizza W,M Chocolate Chip Cookie W,M,E,S |



## ALLERGEN KEY:

$$
\begin{gathered}
\text { Soy = S } \\
\text { Wheat = W } \\
\text { Egg }=\text { E } \\
\text { Milk }=\mathbf{M} \\
\text { Fish }=\text { F }
\end{gathered}
$$

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.


| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| 1 <br> Corndog W,S,E <br> Vegetarian Corndog <br> W,S,M,E <br> Baked Beans None | 2 <br> Chicken Parmesan Risotto <br> M <br> Vegetarian parmesan <br> Risotto M <br> Vegetable None <br> Fruit None | Chicken Tenders W <br> Vegetarian Nuggets <br> $\mathbf{W}, \mathbf{E}, \mathrm{M}, \mathrm{S}$ <br> Mac ' $N$ ' Cheese W,M | $\star$ Happy * ${ }^{\star}$ +h of <br> No Camp | 5 <br> Cheese Pizza W,M Chocolate Chip Cookie W,M,E,S |
| 8 <br> Cheesy Italian Lasagna W,M,E <br> Sauteed Zucchini None Fresh Whole Fruit None Garlic Bread W | 9 <br> Teriyaki Chicken W,S <br> Or Teriyaki Colliflower <br> Bites W,S <br> Rice None <br> Stir Fry vegetables W,S | 10 <br> Hamburger None <br> Fried Green <br> Tomato Sandwich W,E,S <br> Bakery Fresh Bun W,'M <br> Lettuc̣e, Pickle None <br> American Cheese M <br> Chips W,M,S | 11 <br> Turkey \& Cheese Hoagie W,M <br> OR:Chickpea Salad hoagie W.E <br> Chips W.E,M <br> Fruit None <br> Vegetable None | 12 <br> Cheese Pizza W,M Variety Pudding Cup M |
| 15 <br> Shredded Chicken <br> Quesadilla W,M <br> Cheese Quesadilla W.M <br> Street Corn M,E <br> Fruit None <br> Vegetable None | 16 <br> BBQ Pork Sand W veggie burger.S.E,W,M Vegetarian Baked beans None Cole Slaw None | 17 <br> Chicken Burrito Bowl M or: Vegetarian Nugget W,S Fruit Salad None Fruit/Vegetable None | 18 <br> Chicken Croissant W Vegetarian Croissant W,E Lettuce, Pickle None Fruit None Chips W,M,S | 19 <br> Cheese Pizza W,M Chocolate Chip Cookie $\mathbf{W}, \mathbf{M}, \mathbf{E}, \mathbf{S}$ |
| 22 <br> Ground Beef Tacos Soft <br> shell w <br> Mushroom based Ground <br> Beef Substitute None <br> Rice None <br> Refried Beans None <br> Fruit None | 23 <br> Chicken <br> Mac ' $N$ ' Cheese W,M <br> Mac ' $N$ ' Cheese W,M <br> Fruit None <br> Vegetable None | 24 <br> Hot Dog None <br> Vegetarian Corndog <br> W,M,ES <br> Chips W,M,S <br> Bakery Fresh Bun W,M | 25 <br> Hamburger None Fried Green Tomato Sandwich W,ESS Bakery Fresh Bun W,'M Lettuce, Pickle None American Cheese M Chips W,M,S | $26$ <br> Cheese Pizza W,M Variety Pudding Cup M |
| 29 <br> Chicken Tenders W <br> Vegetarian Nuggets <br> W,E,M,S <br> Mac ' $N$ ' Cheese W,M | 30 <br> Pork Carnitas W or Quinoa Carnitas W Rice None Refried Beans None Street Corn None | 31 <br> Grilled Cheese W <br> Chips <br> W,M,S <br> Fruit None <br> Vegetable None | 1 <br> French Toast Sticks <br> W,M,E,S <br> Pork Sausage Patty None <br> Vegetarian <br> Sausage Patty W,M,E,S <br> Syrup None | 2 <br> Cheese Pizza W,M Chocolate Chip Cookie W,M,E,S |



