




Camp Harmony Menu 2010



Fresh Fruit is always available. Water is served with every lunch. We always have a side table with salad & sandwich options

WEEK # 1	6/28 MONDAY	6/29 Tuesday	6/30 Wednesday	7/1 Thursday	7/2 Friday R,W,B Day
	1st day !!! Yeah!! Chicken Nuggets w/ Ketchup and Honey Mustard Hummus and Pita Summer Salad Cookie Fruit Punch	All Beef Franks Sour Kraut Tater Tots Jello Lemonade	Pasta and Sauce Turkey Meatballs Garlic Bread Caesar Salad Ice Cream Orange Drink	Cheese Steaks Roasted Potatoes Carrot Salad Brownie Pink Lemonade	Hamburgers and Cheeseburgers French Fries Cole Slaw Tomatoes Pickles Pudding Grape Juice
WEEK # 2	7/5 MONDAY	7/6 TUESDAY	7/7 WEDNESDAY	7/8 THURSDAY	7/9 FRIDAY
	HAPPY 4th OF JULY <u>NO CAMP</u>	Chicken Patty Sandwiches Ketchup /Mayo Asian Salad Corn Watermelon Fruit Punch	<u>Crazy Tie Lunch!</u> Grilled Cheese Tomatoes Pickles Fresh Fruit Salad Tater Tots Cookie Grape Juice	Pizza Antipasto Salad Fresh Fruit Sheet Cake Orange Drink	Turkey Tacos Veggie Fixins Jack Cheese Salsa/Avocado Yellow Rice Ice Cream Lemonade
WEEK # 3	7/12 MONDAY	7/13 TUESDAY	7/14 WEDNESDAY	7/15 THURSDAY	7/16 FRIDAY
	Macaroni & Cheese w/ Broccoli Fresh Fruit Salad Brownie Fruit Punch	Hamburgers and Cheeseburgers French Fries Cole Slaw Tomatoes Pickles Pudding Lemonade	Pasta and Sauce Turkey Meatballs Garlic Bread Caesar Salad Watermelon Pink Lemonade	<u>Sports Day</u> All Beef Franks Sour Kraut Tater Tots Cookie Grape Juice	Cheese Quesadillas Salsa Avocado Brown Rice/Beans Jello Orange Drink
WEEK # 4	7/19 MONDAY	7/20 TUESDAY	7/21 WEDNESDAY	7/22 THURSDAY	7/23 FRIDAY
	Chicken Nuggets w/ Ketchup and Honey Mustard Hummus and Pita Summer Salad Ice Cream Fruit Punch	Pizza Antipasto Salad Fresh Fruit Brownie Pink Lemonade <u>KIDS CHOICE WEEK</u>	Turkey Tacos Veggie Fixins Jack Cheese Salsa/Avocado Yellow Rice Pudding White Grape	Cheese Steaks Roasted Potatoes Carrot Salad Watermelon Lemonade	<u>Pajama Brunch</u> French Toast Maple Syrup Turkey Sausage Assorted Cereals Assorted Bagels & Pastries Cream Cheese Butter/Jellies Orange Juice Milk





- All Beef Franks will be sliced in half length-wise for all first lunch campers.



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WEEK # 5	7/26 MONDAY	7/27 TUESDAY	7/28 WEDNESDAY	7/29 THURSDAY	7/30 FRIDAY
	Chicken Patty Sandwiches Ketchup/Mayo Asian Salad Corn Cookie Grape Juice	Cheese Quesadillas Salsa Avocado Brown Rice/Beans Jello Lemonade	2010 Carnival! Hamburgers and Hot Dogs Baked Lays Tossed Salad Ice Cream Fruit Punch	Grilled Cheese Tomatoes Pickles Fresh Fruit Salad Tater Tots Brownie Pink Lemonade	Mustache Lunch! Pasta and Sauce Turkey Meatballs Garlic Bread Caesar Salad Pudding Orange Drink
WEEK # 6	8/2 MONDAY	8/3 TUESDAY	8/4 WEDNESDAY	8/5 THURSDAY	8/6 FRIDAY
	Macaroni & Cheese w/ Broccoli Fresh Fruit Salad Cookie Fruit Punch	Pizza Antipasto Salad Fresh Fruit Jello Orange Drink	Caribbean Day BBQ Wings Cole Slaw Assorted Rolls Baked Lays Watermelon White Grape	Cheese Steaks Roasted Potatoes Carrot Salad Ice Cream Fruit Punch	Cheese Quesadillas Salsa Avocado Brown Rice/Beans Pudding Lemonade
WEEK # 7	8/9 MONDAY	8/10 TUESDAY	8/11 WEDNESDAY	8/12 THURSDAY	8/13 FRIDAY
	Color War! Chicken Nuggets w/ Ketchup and Honey Mustard Hummus and Pita Summer Salad Sheet Cake Grape Juice	Color War! Grilled Cheese Tomatoes Pickles Fresh Fruit Salad Tater Tots Cookie Pink Lemonade	Color War! Chicken Patty Sandwiches Ketchup/Mayo Asian Salad Corn Jello Lemonade	Pasta and Sauce Turkey Meatballs Garlic Bread Caesar Salad Ice Cream Orange Drink	Turkey Tacos Veggie Fixins Jack Cheese Salsa/Avocado Yellow Rice Brownie Fruit Punch
WEEK # 8	8/16 MONDAY	8/17 TUESDAY	8/18 WEDNESDAY	8/19 THURSDAY	8/20 FRIDAY
	All Beef Franks Sour Kraut Tater Tots Pudding Grape Juice	Pizza Antipasto Salad Fresh Fruit Cookie Orange Drink	Cheese Quesadillas Salsa Avocado Rice/Beans Watermelon Lemonade	Cheese Steaks Roasted Potatoes Carrot Salad Brownie Pink Lemonade	Closing Banquet Sliced Turkey Breast Gravy Stuffing Sweet Potato Mash Cranberry Sauce Rolls Ice Cream Fruit Drink

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