

BEST SUMMER EVER!

Sample Menu

YMCA CAMP LAKE HELENA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAMPLE	Monday	Tuesday	Wednesday	Thursday	Friday
	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Option 1	Ham and Cheese Sandwich	BBQ Chicken Wrap	Ham and Cheese Sandwich	Chicken Salad Wrap	Chicken Nachos
Option 2	Turkey and Cheese Sandwich	Bento Box	Turkey and Cheese Sandwich	Bento Box	Pasta Salad
Option 3	Sun Butter and Jelly	Hummus and Veggies	Sun Butter and Jelly	Hummus and Veggies	Chicken Caesar Wrap
Sides	Soup	Soup	Soup	Soup	Soup
	Chips	Watermelon	Chips	Oranges	Grapes
Dessert	Cookie	Cookie	Cookie	Cookie	Cookie
Snack	Oranges	Cheese Sticks	Oranges	Cheese Sticks	Oranges
	Goldfish	Graham Bunny	Cinnamon Crisps	Goldfish	Graham Bunny

Meals shown are preplanned, but are subject to change.