

# MT. MIST CAMP 2023

## SUMMER MORNING SNACK PACK

### TWO WEEK CYCLE MENU

	MON	TUE	WED	THU	FRI
<b>SESSIONS</b>					
6/19 - 6/23	Cherry Chocolate Bar	Banana Bread	Strawberry Poptart	Cheez-It's	Choc Chip Muffin
7/3 - 7/7					
7/17 - 7/21	String Cheese	Sour Raisins	Applesauce	Sour Raisins	String Cheese
7/31 - 8/4	Capri Sun 100% Juice	Capri Sun 100% Juice	Capri Sun 100% Juice	Capri Sun 100% Juice	Capri Sun 100% Juice
8/14 - 8/18					

	MON	TUE	WED	THU	FRI
<b>SESSIONS</b>					
6/26 - 6/30	Oatmeal Choc Chip Bar	Strawberry Poptart	Choc Chip Muffin	Banana Bread	Goldfish
7/10 - 7/14	String Cheese	Applesauce	String Cheese	Sour Raisins	Sour Raisins
7/24 - 7/28					
8/7 - 8/11	Capri Sun 100% Juice	Capri Sun 100% Juice	Capri Sun 100% Juice	Capri Sun 100% Juice	Capri Sun 100% Juice
8/21 - 8/25					

**MILK IS AVAILABLE WITH EVERY MEAL!**

This menu is subject to change based on food availability