

MT. MIST CAMP 2023 SUMMER LUNCH

TWO WEEK CYCLE MENU

MON

TUE

WED

THU

FRI

SESSIONS

6/19 - 6/23

7/3 - 7/7

7/17 - 7/21

7/31 - 8/4

8/14 - 8/18

Turkey & Cheese
Anytimer Lunch Kit

Fresh Veggie Cup
with Light Ranch Dip

Fruit Choice

Capri Sun 100% Juice

Taco Meat & Cheese

Baked Tostitos Scoops

Corn & Salsa Cup

Fruit Juice Slushie

Pasta with Meat Sauce

Broccoli Florets

Fruit Choice

Capri Sun 100% Juice

Chicken Nuggets
with BBQ Sauce

Sliced Carrots

Mashed Potatoes

Fruit Choice

Capri Sun 100% Juice

Cheese Pizza

Fresh Veggie Cup
with Light Ranch Dip

Veggie Juice Slushie

MON

TUE

WED

THU

FRI

SESSIONS

6/26 - 6/30

7/10 - 7/14

7/24 - 7/28

8/7 - 8/11

8/21 - 8/25

Crispy Chicken
Patty Sandwich

Thick Cut Fries

Green Beans

Fruit Choice

Capri Sun 100% Juice

Taco Meat & Cheese

Baked Tostitos Scoops

Corn & Salsa Cup

Fruit Juice Slushie

Cheeseburger
with Ketchup Packet

Sliced Carrots

Baked Beans

Fruit Choice

Capri Sun 100% Juice

Chicken Nuggets
with BBQ Sauce

Broccoli Florets

Mashed Potatoes

Fruit Choice

Capri Sun 100% Juice

Cheese Pizza

Fresh Veggie Cup
with Light Ranch Dip

Veggie Juice Slushie

MILK IS AVAILABLE WITH EVERY MEAL!

This menu is subject to change based on food availability