



# Lunch Menu

## Summer 2023

### June 26 - August 17

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weeks 1 &amp; 5</b>	 <p>Cheese Quesadilla, Rice &amp; Vegetable</p>	 <p>Baked Chicken Nuggets &amp; Sweet Corn</p>	 <p>Pizza, Garden Salad &amp; Fresh Fruit</p>	 <p>Penne with Chicken Meatballs &amp; Vegetable</p>	 <p>Pinwheels (Turkey, Ham, or Cheese) &amp; Chips</p>
<b>Weeks 2 &amp; 6</b>	 <p>Grilled Cheese &amp; Vegetable</p>	 <p>Chicken Patty Sandwich &amp; Sweet Corn</p>	 <p>Pizza, Garden Salad &amp; Fresh Fruit</p>	 <p>Mac and Cheese &amp; Vegetable</p>	 <p>French Toast Sticks, Breakfast Potato &amp; Fresh Fruit</p>
<b>Weeks 3 &amp; 7</b>	 <p>Cheese Quesadilla, Rice &amp; Vegetable</p>	 <p>Baked Chicken Nuggets &amp; Sweet Corn</p>	 <p>Pizza, Garden Salad &amp; Fresh Fruit</p>	 <p>Penne with Chicken Meatballs &amp; Vegetable</p>	 <p>Pinwheels (Turkey, Ham, or Cheese) &amp; Chips</p>
<b>Weeks 4 &amp; 8</b>	 <p>Grilled Cheese &amp; Vegetable</p>	 <p>Chicken Patty Sandwich &amp; Sweet Corn</p>	 <p>Pizza, Garden Salad &amp; Fresh Fruit</p>	 <p>Mac and Cheese &amp; Vegetable</p>	 <p>French Toast Sticks, Breakfast Potato &amp; Fresh Fruit</p>

**PALISADES  
COUNTRY DAY  
CAMP STRIVES TO  
BE A PEANUT AND  
TREE-NUT FREE  
FACILITY**

**AVAILABLE DAILY:  
YOGURT, APPLES, BANANAS,  
PEPPERS & CUCUMBERS  
  
- SANDWICHES-  
CREAM CHEESE, JELLY,  
AMERICAN CHEESE, TUNA,  
SUNBUTTER & VEGGIE PATTY**

**PASTA WITH  
BUTTER IS  
AVAILABLE AS AN  
ALTERNATIVE ON  
THURSDAYS.**