



Summer Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks 1 & 5	 <p>Cheese Quesadillas, Fish Sticks & Rice with Vegetables</p>	 <p>Baked Chicken (or Vegan) Nuggets & Sweet Corn</p>	 <p>Pizza, Garden Salad & Fresh Fruit</p>	 <p>Penne with Chicken Meatballs & Vegetable</p>	 <p>Deli Meat Roll-Ups, Hummus & Pita, & Potato Chips</p>
Weeks 2 & 6	 <p>Grilled Cheese Sweet Potato Fries & Vegetable</p>	 <p>Chicken (or Vegan) Patty Sandwich & Sweet Corn</p>	 <p>Pizza, Garden Salad & Fresh Fruit</p>	 <p>Mac and Cheese, Broccoli Littles, & Vegetable</p>	 <p>French Toast Sticks, Egg Bites & Fresh Fruit</p>
Weeks 3 & 7	 <p>Cheese Quesadillas, Fish Sticks & Rice with Vegetables</p>	 <p>Baked Chicken (or Vegan) Nuggets & Sweet Corn</p>	 <p>Pizza, Garden Salad & Fresh Fruit</p>	 <p>Penne with Chicken Meatballs & Vegetable</p>	 <p>Deli Meat Roll-Ups, Hummus & Pita, & Potato Chips</p>
Weeks 4 & 8	 <p>Grilled Cheese Sweet Potato Fries & Vegetable</p>	 <p>Chicken (or Vegan) Patty Sandwich & Sweet Corn</p>	 <p>Pizza, Garden Salad & Fresh Fruit</p>	 <p>Mac and Cheese, Broccoli Littles, & Vegetable</p>	 <p>French Toast Sticks, Egg Bites & 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 & VEGAN BURGER**

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