

# July 2024

| Monday                                                   | Tuesday                                                         | Wednesday                                                    | Thursday                                              | Friday                                        | Saturday | Sunday |
|----------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------|----------|--------|
| 1<br>Chicken Strips<br>White Rice<br>Vegetables          | 2<br>Baked Ziti<br>Fish Sticks<br>Garlic Bread                  | 3<br>Hamburgers<br>French Fries/Corn<br>Coleslaw             | 4<br>NO CAMP                                          | 5<br>Pizza<br>Soy Nuggets<br>Mixed Vegetables | 6        | 7      |
| 8<br>Sweet & Sour<br>Chicken<br>Fried Rice<br>Egg Rolls  | 9<br>Pasta Alfredo<br>Fish Sticks<br>Vegetables<br>Garlic Bread | 10<br>Quesadillas<br>Beans/ Salsa<br>Guac & Chips            | 11<br>Schnitzel<br>Couscous<br>Israeli Salad          | 12<br>Pizza<br>Soy Nuggets<br>Broccoli        | 13       | 14     |
| 15<br>Arroz con Pollo<br>Sweet Plantains<br>Vegetables   | 16<br>Mac & Cheese<br>Soy Nuggets<br>Vegetables                 | 17<br>Chicken Strips<br>Sweet potato Fries<br>Roasted Vegies | 18<br>Fish Sticks Sweet<br>Potato Fries<br>Vegetables | 19<br>Pizza<br>Soy Nuggets<br>Caesar Salad    | 20       | 21     |
| 22<br>BBQ Drumbsticks<br>Corn on the Cob<br>French Fries | 23<br>Baked Ziti<br>Fish Sticks<br>Garlic Bread                 | 24<br>Chicken Nuggets<br>French Fries<br>Israeli Salad       | 25<br>Grilled Chicken<br>White Rice<br>Black Beans    | 26<br>Pizza<br>Soy Nuggets<br>Vegetables      | 27       | 28     |
| 29                                                       | 30                                                              | 31                                                           | 1                                                     | 2                                             | 3        | 4      |
| 5                                                        | 6                                                               | FRUIT SERVED DAILY AND COOKIES ON FRIDAYS                    |                                                       |                                               |          |        |