

## CAMP JORN YMCA

### SAMPLE WEEKLY MENU

**We serve 2% milk, skim milk, and water at all mealtimes  
Sun butter, bread, & jelly, fruit basket available at lunch time**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Snack 1</b>	Apple slices, granola bar, milk/water	Yogurt, banana halves, milk/water	String cheese, pretzels, milk/water	Graham crackers, grapes, milk/water	Goldfish crackers, orange slices, milk/water
<b>Lunch</b>	Hamburger, French fries, salad bar	Grilled cheese, tomato soup, salad bar	Hot dogs, mac and cheese, salad bar	Sub sandwiches, chips, salad bar	Chicken alfredo with a twist & salad bar
<b>Snack 2</b>	Gold fist crackers, carrot sticks w/ranch, milk/water	Fruit cups, graham crackers, milk/water	Chex mix, strawberries, milk/water	Bananas, sun butter, milk/water	String cheese, grapes, milk/water