



# OPTIONAL BOXED LUNCH MENU • SUMMER 2022

AT THE ACADEMY OF THE HOLY CROSS • 301-493-2525

Campers may participate in this program on a weekly basis only. The cost is \$53.00 per week and there is a reduced rate for the week of July 5th (4-day week).

If you are interested in registering your child for the optional lunch program, please contact the camp office at 301-493-2525.

\* All lunches come with a choice of juice box or bottled water.

| WEEK 1<br>JUNE 20-24   | WEEK 2<br>JUNE 27-JULY 1   | WEEK 3<br>JULY 5-8   | WEEK 4<br>JULY 11 - 15  | WEEK 5<br>JULY 18 - 22   | WEEK 6<br>JULY 25 - 29   | WEEK 7<br>AUGUST 1-5   | WEEK 8<br>AUGUST 8-12  |
|--|--|--|---|--|--|--|--|
| <b>MONDAY</b><br><br><b>PENNE W/ MARINARA</b><br>Carrot Sticks<br>Apple<br>Cookies<br><br><b>TUESDAY</b><br><br><b>CHICKEN QUESADILLA</b><br>Chips & Salsa<br>Jello<br>Banana<br><br><b>WACKY WEDNESDAY</b><br><br><b>HAMBURGER OR CHEESEBURGER</b><br>Baked Fries<br>Orange Slices<br>Pudding<br><br><b>THURSDAY</b><br><br><b>TURKEY &amp; CHEESE</b><br>Baked Chips<br>Banana<br>Brownie<br><br><b>FANTASTIC FRIDAY</b><br><br><b>CHEESE PIZZA</b><br>Carrot Sticks<br>Applesauce<br>Cookie | <b>MONDAY</b><br><br><b>MAC N CHEESE</b><br>Broccoli<br>Banana<br>Cookie<br><br><b>TUESDAY</b><br><br><b>GRILLED CHICKEN SANDWICH</b><br>Baked Chips<br>Orange Slices<br>Brownie<br><br><b>WACKY WEDNESDAY</b><br><br><b>BEEF TACOS</b><br>Carrot Sticks<br>Apple<br>Jello<br><br><b>THURSDAY</b><br><br><b>CHICKEN NUGGETS</b><br>Baked Chips<br>Banana<br>Pudding<br><br><b>FANTASTIC FRIDAY</b><br><br><b>CHEESE PIZZA</b><br>Carrot Sticks<br>Applesauce<br>Cookie | <b>MONDAY</b><br><br><b>NO CAMP</b><br>Happy 4th of July<br><br><b>TUESDAY</b><br><br><b>GRILLED CHEESE</b><br>Tater Tots<br>Apple<br>Pudding<br><br><b>WACKY WEDNESDAY</b><br><br><b>HAMBURGER / CHEESEBURGER</b><br>Baked Fries<br>Orange Slices<br>Cookie<br><br><b>THURSDAY</b><br><br><b>BAKED CHICKEN SANDWICH</b><br>Baked Chips<br>Orange Slices<br>Brownie<br><br><b>FANTASTIC FRIDAY</b><br><br><b>CHEESE PIZZA</b><br>Carrot Sticks<br>Applesauce<br>Cookie | <b>MONDAY</b><br><br><b>HAMBURGER OR CHEESEBURGER</b><br>Baked Fries<br>Orange Slices<br>Cookie<br><br><b>TUESDAY</b><br><br><b>BAKED ZITI</b><br>Carrot Sticks<br>Apple<br>Brownie<br><br><b>WACKY WEDNESDAY</b><br><br><b>CHICKEN QUESADILLA</b><br>Chips & Salsa<br>Banana<br>Jello<br><br><b>THURSDAY</b><br><br><b>TURKEY &amp; CHEESE</b><br>Baked Chips<br>Orange Slices<br>Brownie<br><br><b>FANTASTIC FRIDAY</b><br><br><b>CHEESE PIZZA</b><br>Carrot Sticks<br>Applesauce<br>Cookie | <b>MONDAY</b><br><br><b>PENNE W/ MARINARA</b><br>Celery Sticks<br>Banana<br>Cookie<br><br><b>TUESDAY</b><br><br><b>CHICKEN NUGGETS</b><br>Baked Chips<br>Orange Slices<br>Brownie<br><br><b>WACKY WEDNESDAY</b><br><br><b>GRILLED CHEESE</b><br>Tater Tots<br>Apple<br>Pudding<br><br><b>THURSDAY</b><br><br><b>HAMBURGER OR CHEESEBURGER</b><br>Baked Fries<br>Banana<br>Jello<br><br><b>FANTASTIC FRIDAY</b><br><br><b>CHEESE PIZZA</b><br>Carrot Sticks<br>Applesauce<br>Cookie | <b>MONDAY</b><br><br><b>TURKEY &amp; CHEESE</b><br>Baked Chips<br>Banana<br>Brownie<br><br><b>TUESDAY</b><br><br><b>MAC N CHEESE</b><br>Broccoli<br>Orange Slices<br>Cookie<br><br><b>WACKY WEDNESDAY</b><br><br><b>GRILLED CHICKEN SANDWICH</b><br>Baked Chips<br>Apple Slices<br>Brownie<br><br><b>THURSDAY</b><br><br><b>BEEF TACOS</b><br>Carrot Sticks<br>Orange Slices<br>Jello<br><br><b>FANTASTIC FRIDAY</b><br><br><b>CHEESE PIZZA</b><br>Carrot Sticks<br>Applesauce<br>Cookie | <b>MONDAY</b><br><br><b>GRILLED CHICKEN SANDWICH</b><br>Baked Chips<br>Banana<br>Pudding<br><br><b>TUESDAY</b><br><br><b>CHICKEN NUGGETS</b><br>Baked Chips<br>Orange Slices<br>Brownie<br><br><b>WACKY WEDNESDAY</b><br><br><b>TURKEY &amp; CHEESE</b><br>Baked Chips<br>Apple Slices<br>Brownie<br><br><b>THURSDAY</b><br><br><b>MAC N CHEESE</b><br>Broccoli<br>Orange Slices<br>Jello<br><br><b>FANTASTIC FRIDAY</b><br><br><b>CHEESE PIZZA</b><br>Carrot Sticks<br>Applesauce<br>Cookie | <b>MONDAY</b><br><br><b>BAKED ZITI</b><br>Celery Sticks<br>Banana<br>Cookie<br><br><b>TUESDAY</b><br><br><b>HAMBURGER OR CHEESEBURGER</b><br>Baked Fries<br>Apple Slices<br>Pudding<br><br><b>WACKY WEDNESDAY</b><br><br><b>PENNE W/ MARINARA</b><br>Celery Sticks<br>Apple<br>Brownie<br><br><b>THURSDAY</b><br><br><b>CHICKEN QUESADILLA</b><br>Chips & Salsa<br>Orange Slices<br>Jello<br><br><b>FANTASTIC FRIDAY</b><br><br><b>CHEESE PIZZA</b><br>Carrot Sticks<br>Applesauce<br>Cookie |

#### Gluten-Free options available:

- Gluten-Free Bun/Bread for Grilled Cheese, Turkey Sandwich, Meatball Sub, Burgers and Chicken Sandwich
- Gluten-Free Pasta & Pizza Crust
- Gluten-Free Hard Shell Tacos and Tortilla
- Gluten-Free Turkey sandwich will be substituted for Chicken Nuggets

#### Vegetarian options daily:

- Garden Salad w/ Balsamic Vinaigrette, Veggie Wraps

#### Baked Items

- French Fries, Chips, Chicken Nuggets, Tater Tots, Breaded

#### Whole wheat bread used with:

- Hamburgers
- Turkey sandwich
- Grilled chicken & Grilled cheese
- Meatball Subs

