



# **OPTIONAL LUNCH MENU • SUMMER 2022** AT MONTGOMERY SCHOOL • 610-827-1800

WEEK 1 **JUNE 13-17** 

#### MONDAY

MEATBALL SUB Lays Plain Chips Yogurt **Bottled Water** 

#### TUESDAY

CHICKEN NUGGETS Tater Tots Honey Dew Melon **Bottled Water** 

#### WACKY WEDNESDAY

**TURKEY & CHEESE** Lavs BBO Chips Apple Sauce Bottled Water

#### THURSDAY

**GRILLED CHEESE** Pretzels Watermelon **Bottled Water** 

FANTASTIC FRIDAY

**Bottled Water** 

PIZZA DAY Granola Bar Fruit Salad

Yogurt Bottled Water TUESDAY

Lays Plain Chips

JUNE 20-24

**TURKEY & CHEESE** 

MONDAY

TACO TUESDAY Brown Rice Honey Dew Melon **Bottled Water** 

### WACKY WEDNESDAY

CHICKEN PATTY SANDWICH Lays BBO Chips Apple Sauce Bottled Water

#### THURSDAY

HAMBURGER Pretzels Watermelon Bottled Waterr

#### **FANTASTIC FRIDAY**

PIZZA DAY Granola Bar Fruit Salad Bottled Water

#### WEEK 2 WEEK 3 JUNE 27-JULY 1

#### MONDAY

MEATBALL SUB Lays Plain Chips Yogurt Bottled Water

#### TUESDAY

**TURKEY & CHEESE** Lays BBQ Chips Apple Sauce Bottled Water

#### WACKY WEDNESDAY

HAMBURGER Lays BBO Chips Apple Sauce Bottled Water

#### THURSDAY

**GRILLED CHEESE** Pretzels Watermelon Bottled Water

#### **FANTASTIC FRIDAY**

PIZZA DAY Granola Bar Fruit Salad Bottled Water

## WEEK 4 **JULY 5-8**

### MONDAY

NO CAMP Happy July 4th!

### **TUESDAY**

CHICKEN NUGGETS Tater Tots Honey Dew Melon Bottled Water

#### WACKY WEDNESDAY

CHICKEN PATTY SANDWICH Lays BBQ Chips Apple Sauce **Bottled Water** 

#### THURSDAY

HAMBURGER Pretzels Watermelon Bottled Water

### **FANTASTIC FRIDAY**

#### PIZZA DAY Granola Bar

Fruit Salad **Bottled Water** 

**JULY 11-15** MONDAY MEATBALL SUB

WEEK 5

Lays Plain Chips Yogurt Bottled Water

#### TUESDAY

TACO TUESDAY Brown Rice Honey Dew Melon **Bottled Water** 

#### WACKY WEDNESDAY

**TURKEY & CHEESE** Lays BBQ Chips Apple Sauce Bottled Water

### THURSDAY

**GRILLED CHEESE** Pretzels Watermelon Bottled Water

### **FANTASTIC FRIDAY**

**PIZZA DAY** Granola Bar Fruit Salad Bottled Water

•All lunch items are freshly prepared on-site.. We do not use MSG, preservatives or processed foods. •We use baking and other healthy cooking methods — no frying.

In addition to the scheduled selections, campers will have access to a variety of fresh, local whole fruit and vegetables, and bottled water.

Campers may participate in this program on a weekly basis only. The cost is \$45.00 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 610-827-1800.

### WEEK 6 **JULY 18-22**

#### MONDAY

**TURKEY & CHEESE** Lays Plain Chips Yogurt Bottled Water

#### TUESDAY

CHICKEN NUGGETS Tater Tots Honey Dew Melon Bottled Water

#### WACKY WEDNESDAY

CHICKEN PATTY SANDWICH Lays BBO Chips Apple Sauce Bottled Water

#### **THURSDAY**

HAMBURGER Pretzels Watermelon Bottled Water

#### **FANTASTIC FRIDAY**

**PIZZA DAY** Granola Bar Fruit Salad Bottled Water

### WEEK 7 **JULY 25-29**

#### MONDAY

MEATBALL SUB Lays Plain Chips Yogurt **Bottled Water** 

TUESDAY

TACO TUESDAY Brown Rice Honey Dew Melon **Bottled Water** 

#### WACKY WEDNESDAY

**TURKEY & CHEESE** Lays BBQ Chips Apple Sauce **Bottled Water** 

#### **THURSDAY**

**GRILLED CHEESE** Pretzels Watermelon **Bottled Water** 

#### **FANTASTIC FRIDAY**

PIZZA DAY Granola Bar Fruit Salad **Bottled Water** 

### WEEK 8 **AUGUST 1-5**

#### MONDAY

**TURKEY & CHEESE** Lays Plain Chips Yogurt Bottled Water

#### TUESDAY

CHICKEN NUGGETS Tater Tots Honey Dew Melon **Bottled Water** 

#### WACKY WEDNESDAY

CHICKEN PATTY SANDWICH Lays BBO Chips Apple Sauce Bottled Water

#### THURSDAY

HAMBURGER Pretzels Watermelon Bottled Water

#### **FANTASTIC FRIDAY**

**PIZZA DAY** Granola Bar Fruit Salad Bottled Water

### WEEK 9 **AUGUST 8-12**

#### MONDAY

MEATBALL SUB Lays Plain Chips Yogurt Bottled Water

#### TUESDAY

TACO TUESDAY Brown Rice Honey Dew Melon Bottled Water

#### WACKY WEDNESDAY

**TURKEY & CHEESE** Lays BBQ Chips Apple Sauce Bottled Water

#### THURSDAY

**GRILLED CHEESE** Pretzels Watermelon Bottled Water

#### **FANTASTIC FRIDAY**

PIZZA DAY Granola Bar Fruit Salad Bottled Water

## **WEEK 10 AUGUST 15-19**

#### MONDAY

MEATBALL SUB Lays Plain Chips Yogurt **Bottled Water** 

#### **TUESDAY**

CHICKEN NUGGETS Tater Tots Honey Dew Melon **Bottled Water** 

#### WACKY WEDNESDAY

CHICKEN PATTY SANDWICH Lavs BBO Chips Apple Sauce **Bottled Water** 

#### **THURSDAY**

HAMBURGER Pretzels Watermelon **Bottled Water** 

#### **FANTASTIC FRIDAY**

PIZZA DAY Granola Bar Fruit Salad **Bottled Water**