

Trent Summer Sports Camp:

2011 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Chicken Burger (Veggie Burger)	Pepperoni Pizza-Flat Bread (Cheese Pizza)	Jumbo Hot Dog (Veggie Dog)	Chicken Quesadilla with Salsa (Cheese Quesadilla)	Baked Chicken Nuggets (Broccoli & Cheese Nuggets)
Veggies & Dip	Veggies & Dip	Caesar Salad	Tossed Salad	Baked Fries or Sweet Potato Fries
Granola Bar	Fruit Roll Up	Fresh Baked Cookies	Sun Chips	Granola Bar
Choice of Fruit/Yogurt	Choice of Fruit/Yogurt	Choice of Fruit/Yogurt	Choice of Fruit/Yogurt	Choice of Fruit/Yogurt
Drink -Low Sugar	Drink-Low Sugar	Drink-Low Sugar	Drink-Low Sugar	Drink-Low Sugar

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Sub (Cheese Pizza Sub)	Assorted Subs on Panini (Cheese & Veggie Sub)	Gourmet Macaroni & Cheese	Cheddar Cheese/Bacon Perogies (Potato/Cheddar Perogies)	Camp BBQ
Veggies & Dip	Potato Chips	Veggies & Dip	Sour Cream	Hamburgers & Hot Dogs
Sun Chips	Fruit Roll Up	Fresh Baked Cookies	Veggies & Dip	Veggie Burgers & Veggie Dogs
Choice of Fruit/Yogurt	Choice of Fruit/Yogurt	Choice of Fruit/Yogurt	Granola Bar	Veggies & Dip
Drink-Low Sugar	Drink-Low Sugar	Drink-Low Sugar	Choice of Fruit/Yogurt	Fresh Baked Cookies
			Drink-Low Sugar	Drink-Low Sugar

Please Note: That all Drinks will be a Healthier Choice with Less Sugar Content

Please Note: Menu items will be modified for Campers participating in trips