



# JULY 2018



## Camp Amgen South Snack Menu **\*All Snacks are Nut & Sesame Seed Free**

FOR ALL ROOMS \*Please note, all rooms are included on this sheet \*Milk (Toddlers-whole; Ages 2 to 5- 1%)

\*This menu satisfies the USDA Child Care Food Program Guidelines\*☺ **MENU SUBJECT TO CHANGE BASED ON FOOD AVAILABILITY** ☺

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>SUMMER SHUTDOWN CAMP AMGEN CLOSED</b>		
<b>9</b> <b>am-</b> Rice Chex Cereal  <b>pm-</b> Tahini Free Hummus w/ Ritz Crackers	<b>10</b> <b>am-</b> Watermelon w/ Graham Crackers  <b>pm-</b> Whole Grain Mac & Cheese w/Peas	<b>11</b> <b>am-</b> Strawberry Yogurt w/ <b>Blueberries</b>  <b>pm-</b> <b>Blueberry</b> Muffins w/ Edamame	<b>12</b> <b>am-</b> Bananas w/ Raisin Bread  <b>pm-</b> Cantaloupe w/ Granola	<b>13</b> <b>am-</b> Lean Turkey Sausage w/ Applesauce  <b>pm-</b> Pineapple w/ Wheat Crackers
<b>16</b> <b>am-</b> Cheerios Cereal  <b>pm-</b> Turkey Sandwiches w/ Sliced Tomato	<b>17</b> <b>am-</b> Bananas w/ Granola  <b>pm-</b> Carrots w/ Greek Yogurt Ranch Dip & Wheat Crackers	<b>18</b> <b>am-</b> <b>Blueberry</b> Yogurt w/ Graham Crackers  <b>pm-</b> Apple Butter w/ WW Bread	<b>19</b> <b>am-</b> Cinnamon Oatmeal w/ <b>Blueberries</b>  <b>pm-</b> Watermelon w/ Ritz Crackers	<b>20</b> <b>am-</b> Waffles w/ Strawberries  <b>pm-</b> Mild Cheddar Cheese Slices w/ Sliced Cucumber
<b>23</b> <b>am-</b> Corn Chex Cereal  <b>pm-</b> Sun Butter Sandwiches  <hr/> <b>30</b> <b>am-</b> Special K Cereal  <b>pm-</b> Guacamole w/ Wheat Crackers	<b>24</b> <b>am-</b> Peach Yogurt w/ Graham Crackers  <b>pm-</b> Oranges w/ Whole Grain Goldfish Crackers  <hr/> <b>31</b> <b>am-</b> Bananas w/ Granola <b>pm-</b> Turkey Slices w/ Ritz Crackers	<b>25</b> <b>am-</b> Cantaloupe w/ Raisin Bread <b>pm-</b> Grilled Chicken Nuggets w/ Mashed Potatoes  <b>*IT'S NATIONAL JULY BELONGS TO BLUEBERRIES MONTH!</b>	<b>26</b> <b>am-</b> WW Bagels w/ Cream Cheese <b>pm-</b> Mild Cheddar Cheese Cubes w/ Ritz Crackers  <b>*WE WILL BE SERVING THIS DELICIOUS &amp; HEALTHY FRUIT THROUGHOUT THE MONTH</b>	<b>27</b> <b>am-</b> Cottage Cheese w/ <b>Blueberries</b> <b>pm-</b> Strawberries w/ Colby Jack Cheese Sticks  <b>*JULY 11<sup>TH</sup> IS NATIONAL BLUEBERRY MUFFIN DAY!</b> <b>*JULY 26<sup>TH</sup> IS NATIONAL BAGEL FEST DAY!</b>