



JULY 2018



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