

# Summer Camp Menu for August

Monday Cereal	TACO TUESDAY Cereal	Wednesday Muffins	Thursday Muffins	Friday Muffins
30 Mac & Cheese Green Beans	31 Turkey Taco w/ Veggie Fix'ns	8/1 Spaghetti Green Salad	8/2 Quesadilla Broccoli	8/3  Pizza Baked Goodie
6 Burritos Veggie Dipper	7 Chicken Taco w/Veggie Fix'ns	8  Egg Fried Rice Mixed Veggies	9 Quesadilla Broccoli	10 Pizza Baked Goodie
13 Chicken Noodle Peas and Corn	14 Chicken Taco w/Veggie Fix'ns	15 Taqitos & Guac Veggies	16 <b>BRING A SACK LUNCH</b> NO School Lunch Available	17  Pizza Baked Goodie
20  Beef Sliders w/Veggie dippers and tater tots	21  Turkey Taco w/Veggie Fix'ns	22 Enchiladas Corn	23  Hot Dogs Dipper Veggies	24  Pizza Baked Goodie
27  Grilled Cheese Veggie Dippers	28 Chicken Taco w/Veggie Fix'ns	29  Burritos Celery Salsa	30 Chicken Noodles Peas & Carrots	31  Pizza Baked Goodie
Graham Crackers	Gold Fish	—Wheat Thins	Animal Crackers	Ritz Crackers

## Eating at Dove Day School

- Morning snack is offered from 7:15 to 8:30.
- Lunch is served 11:30-12.
- First Afternoon snack is available at 2:15 to 3:30 and is served with fresh fruit
- Second Afternoon snack is served at 5:30 and is just a starch
- We serve milk with morning snack and lunch each day
- We serve fresh fruit with lunch and first Afternoon snack based on season and ripening cycles
- Dietary restrictions are respected; please let your child's needs be known.

## Serving Size for School Age

Fruit	Veggie	Grains	Protein	Dairy
1/3 cup 1 whole	½ cup 1 whole	1 slice bread, 2 minim muffins, 1/2 cup cooked cereal, rice or pasta, 3/4cup dry cereal, 4-5 crackers	2-3 ounces meat or tofu, 4 tablespoons dry chia or quinoa, ½ cup cooked beans,, ½ cup cooked/soaked chia or quinoa, 1 or 2 eggs	1 cup milk 1 ounce cheese