

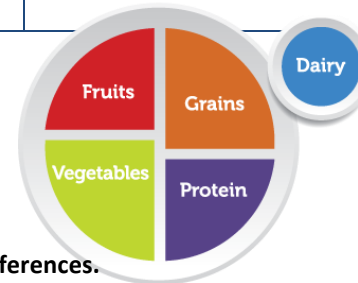
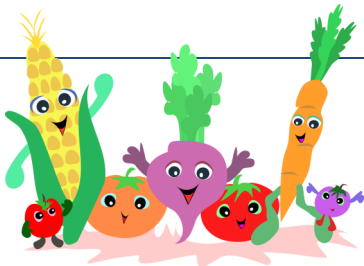


# July 2019

## WVCA Preschool & Cougar Summer Camp Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Beanie Weenies	2 Chicken Patty Sandwiches	3 Chef Salad	4 <b>CLOSED</b> Happy 4th of July	5 Pizza Salad Fruit
8 Beef Ravioli	9 Orange Chicken Rice Bowls	10 Cheese Lasagna	11 Sunbutter & Jelly Sandwiches	12 Pizza Salad Fruit
15 Mini Tacos & Guacamole	16 Ham Hogi Sandwiches	17 Chicken Nuggets & Fries	18 Turkey & Cheese Wraps	19 Pizza Salad Fruit
22 Taco Salad	23 Macaroni & Cheese	24 Fish Sticks	25 Frito Boats	26 Pizza Salad Fruit
29 Bean & Cheese Burritos	30 Italian Pasta Salad	31 Chicken & Cheese Nachos		



### Lunch Includes 5 Components:

1. Grain/Bread
2. Meat/Meat Alternative
3. Vegetable
4. Fruit
5. Milk

\*Parents are responsible for providing supplemental foods for children with allergies and food preferences.