

	COLLEGE SETTLEMENT	WEEK 1	CYCLE 2025					
WEEK 1								
MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	♥ GRAIN
BREAKFAST	8:00:00 AM8:00:00 AM/8.30day	8:00 AM	8:00 AM	8:00 AM	8:00 AM	9:00 AM	9:00 AM	♥FRUIT/VEG
VEGETARIAN	X	X	X	X	X	X	X	
CONDIMENTS	BUTTER PACKETS SYRUP	BUTTER PACKETS SYRUP	BUTTER PACKETS/KETCHUP/JAM CREAM CHEESE	BUTTER PACKETS SYRUP	BUTTER PACKETS/KETCHUP/JAM	BUTTER PACKETS JAM	BUTTER PACKETS JAM	
Beverages ON TABLE	WATER/WHOLE FRUIT JUICE/🥛 MILK	WATER/WHOLE FRUIT JUICE/🥛 MILK	WATER/WHOLE FRUIT JUICE/🥛 MILK	WATER/WHOLE FRUIT JUICE/🥛 MILK	WATER/WHOLE FRUIT JUICE/🥛 MILK	WATER/WHOLE FRUIT JUICE/🥛 MILK	WATER/WHOLE FRUIT JUICE/🥛	
LUNCH	1P	1P	1P	1P	1P	1P	1P	
ON TABLE SFSP REQ	♥♥🥛 WG GRILLED CHEESE ♥ CARROT STICKS ♥ CUCUMBER SLICES TOMATO SOUP 🥛 MILK	♥♥🥛 WG BAKED CHEESY ZITI ♥ WG BREAD ROLL ♥ TOSSED SALAD ♥ SLICED FRUIT 🥛 MILK	♥♥🥛 WG MAC AND CHEESE ♥ CHICKEN TENDERS ♥ STEWED TOMATOES ♥ CELERY STICKS 🥛 MILK	♥♥🥛 TURKEY CHILLI WITH BEANS ♥ RICE ♥ SALAD ♥ CUCUMBERS 🥛 MILK	♥ FISH STICKS ♥ WG BREAD ROLL ♥ TATER TOTS ♥ STEWED TOMS 🥛 MILK	♥ TURKEY SLICES ♥ WG HOAGIE ROLL ♥ LETTUCE ♥ SLICED TOMS 🥛 CHEESE SLICES 🥛 MILK	♥🥛 ♥ CHEESE WG RAVIOLI IN TOM SAUCE ♥ WG bread ♥ CUKES AND CARROTS 🥛 MILK	SALAD BAR OPTIONS ON ROTATION: COLESLAW, POTATO SALAD, BEAN SALAD, ETC
VEGETARIAN	X	X	VEGGIE TENDERS	VEG CHILLI	VEGAN FISH STICKS	3 CHEESE SLICE OPTIONS	x	
CONDIMENTS	RANCH/HOT SAUCE/CHIPOTLE MAYO	BUTTER PACKETS PARM CHEESE	RANCH HOT SAUCE	SHREDDED CHEESE, SOUR CREAM, BUTTER PC, HOT SAUCE	KETCHUP HOT SAUCE BUTTER PACKETS	MUSTARD	BUTTER PACKETS	*DAY CAMPERS GET DESSERT WITH LUNCH
Beverages ON TABLE	WATER/LEMONADE/🥛 MILK	WATER/LEMONADE/🥛 MILK	WATER/LEMONADE/🥛 MILK	WATER/LEMONADE/ 🥛 MILK	WATER/LEMONADE/🥛 MILK	WATER/LEMONADE/🥛 MILK	WATER/LEMONADE/ 🥛 MILK	
DINNER	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6P	
ON TABLE SFSP REQ	🍝 WG PASTA ♥♥ RED SAUCE with GROUND TURKEY ♥ GREEN BEANS ♥ WG GARLIC BREAD 🥛 MILK	♥ WG DINNER ROLL ♥ BBQ CHICKEN BREAST ♥ CORN 🥛 MILK ♥ SLICED FRUIT	♥ WG DINNER ROLL ♥ ROAST TURKEY ♥ ROAST BROCCOLI ♥ MASHED POTATOES 🥛 MILK	♥ WG DINNER ROLL ♥ SALISBURY STEAK ♥ GREEN BEANS ♥ ROAST POTATOES 🥛 MILK	♥♥🍝 STIR FRIED CHICKEN WITH PEPPERS, PEAS, ONION, CORN ♥ VEGETARIAN SPRING ROLL 🥛 MILK ♥ SLICED FRUIT	♥ WG BURGER/HOT DOG ROLL ♥ BEEF BURGER/HOT DOG ♥ BAKED WAFFLE/FRENCH FRIES ♥♥ BAKED BEANS 🥛 MILK	🍝 WG SUB ROLL ♥ GROUND TURKEY SLOPPY JOE ♥ COLESLAW ♥ SLICED VEGGIES *CARROTS OR CUKES OR	SALAD BAR OPTIONS ON ROTATION: COLESLAW, POTATO SALAD, BEAN SALAD
VEGETARIAN	♥♥ RED SAUCE W TOFU	VEGETARIAN PATTIES	VEGETARIAN BLACK BEAN BURGER	VEGETARIAN SOUP/STEW CROCKPOT?	VEGETARIAN STIR FRY WITH TOFU	VEGGIE DOGS AND VEGGIE BURGERS	VEGETARIAN SLOPPY JOE LENTILS IN RED SAUCE	
CONDIMENTS	BUTTER PACKETS PARM CHEESE	BBQ SAUCE BUTTER PACKETS	GRAVY BUTTER PACKETS	GRAVY BUTTER PACKETS	SOY SAUCE	KETCHUP, MUSTARD, MAYO	RANCH,	
Dessert	ICE CREAM SANDWICH	COOKIES	FRUIT POP	NO BAKE CHEESECAKE SQUARES	ITALIAN ICE	CAKE W/ICING	HAPPY FACE CUPCAKES	
Beverages	WATER/LEMONADE/🥛 MILK	WATER/LEMONADE/🥛 MILK	WATER/LEMONADE/🥛 MILK	WATER/LEMONADE/ 🥛 MILK	WATER/LEMONADE/🥛 MILK	WATER/LEMONADE/🥛 MILK	WATER/LEMONADE/ 🥛 MILK	

	COLLEGE SETTLEMENT	WEEK 2	CYCLE 2025					
WEEK 2								
MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND OFF	WEEKEND OFF	♥ GRAIN
BREAKFAST	8:00:00 AM/8.30day	8:00:00 AM/8.30day	8:00:00 AM/8.30day	8:00:00 AM/8.30day	8:00:00 AM/8.30day			♥ FRUIT/VEG
ON TABLE SFSP REQ	♥ WG FRENCH TOAST ♥ YOGURT ♥ FRUIT JUICE 🥛 MILK	♥ WG WAFFLE ♥ YOGURT ♥ FRUIT JUICE 🥛 MILK	♥ SCRAMBLED EGGS ♥ WG BAGELS ♥ TURKEY SAUSAGE LINKS ♥ FRUIT JUICE 🥛 MILK	♥ YOGURT ♥ WG PANCAKES ♥ FRUIT JUICE 🥛 MILK	♥ TURKEY SAUSAGE PATTIES ♥ WG MUFFIN ♥ HASH BROWNS ♥ FRUIT JUICE 🥛 MILK	STAFF WILL EAT ANY GOOD GRAB AND GO CONTINENTAL BFAST LEFTOVERS		
VEGETARIAN	X	X	X	X	X			
CONDIMENT S	BUTTER PACKETS SYRUP	BUTTER PACKETS SYRUP	BUTTER PACKETS/KETCHUP/JAM CREAM CHEESE	BUTTER PACKETS SYRUP	BUTTER PACKETS/KETCHUP/JAM			
Beverages ON TABLE	WATER/WHOLE FRUIT JUICE/🥛 MILK	WATER/WHOLE FRUIT JUICE/🥛 MILK	WATER/WHOLE FRUIT JUICE/🥛 MILK	WATER/WHOLE FRUIT JUICE/🥛 MILK	WATER/WHOLE FRUIT JUICE/🥛 MILK			
LUNCH	12.30 day camp/1P overnight	12.30 day camp/1P overnight	12.30 day camp/1P overnight	12.30 day camp/1P overnight	12.30 day camp/1P overnight	1P overnight	1P overnight	
ON TABLE SFSP REQ	♥♥🥛 WG GRILLED CHEESE ♥ CARROT STICKS ♥ CUCUMBER SLICES TOMATO SOUP 🥛 MILK	♥♥🥛 WG BAKED CHEESY ZITI ♥ WG BREAD ROLL ♥ TOSSED SALAD ♥ SLICED FRUIT 🥛 MILK	♥♥🥛 WG MAC AND CHEESE ♥ CHICKEN TENDERS ♥ STEWED TOMATOES ♥ CELERY STICKS 🥛 MILK	♥♥🥛 ROASTED VEGGIE QUESADILLAS ♥ SPANISH RICE ♥ REFRIED BEANS ♥ CUCUMBERS 🥛 MILK	♥ WG BURGER/HOT DOG ROLL ♥ BEEF BURGER/HOT DOG ♥ BAKED WAFFLE/FRENCH FRIES ♥♥ BAKED BEANS 🥛 MILK			SALAD BAR OPTIONS ON ROTATION: COLESLAW, POTATO SALAD, BEAN SALAD, ETC
VEGETARIAN	X	X	VEGGIE TENDERS	X	VEGGIE BURGERS			
CONDIMENT S	RANCH/HOT SAUCE/CHIPOTLE MAYO	BUTTER PACKETS PARM CHEESE	RANCH HOT SAUCE	SHREDDED CHEESE, SOUR CREAM, BUTTER PC, HOT SAUCE	KETCHUP HOT SAUCE BUTTER PACKETS			*DAY CAMPERS GET DESSERT WITH LUNCH
Beverages ON TABLE	WATER/LEMONADE	WATER/LEMONADE	WATER/LEMONADE	WATER/LEMONADE	WATER/LEMONADE			
DINNER	6:00 PM	6:00 PM	6:00 PM	6:00 PM	KIDS DEPART BY 4			
ON TABLE SFSP REQ	♥ WG PASTA ♥♥ CHICKEN IN ALFREDO SAUCE ♥ ROASTED BROCCOLI ♥ WG GARLIC BREAD 🥛 MILK	♥ WG DINNER ROLL ♥ BBQ CHICKEN BREAST ♥ CORN 🥛 MILK ♥ SLICED FRUIT	♥ WG DINNER ROLL ♥ ROAST TURKEY ♥ ROAST BROCCOLI ♥ MASHED POTATOES 🥛 MILK	♥ WG DINNER ROLL ♥ SALISBURY STEAK ♥ GREEN BEANS ♥ ROAST POTATOES 🥛 MILK	STAFF MEAL ONLY - TBD			
VEGETARIAN	♥♥ ALFREDO SAUCE W TOFU	VEGETARIAN PATTIES	VEGETARIAN BLACK BEAN BURGER	VEGETARIAN SOUP/STEW CROCKPOT?				
CONDIMENT S	BUTTER PACKETS PARM CHEESE	BBQ SAUCE BUTTER PACKETS	GRAVY BUTTER PACKETS	GRAVY BUTTER PACKETS				
Dessert	ICE CREAM SANDWICH	COOKIES	FRUIT POP	NO BAKE CHEESECAKE SQUARES				
Beverages	WATER/WHOLE FRUIT JUICE/🥛 MILK	WATER/WHOLE FRUIT JUICE/🥛 MILK	WATER/WHOLE FRUIT JUICE/🥛 MILK	WATER/WHOLE FRUIT JUICE/🥛 MILK				