

**U.S. NAVAL ACADEMY - 2019 SUMMER CAMP 3 WEEK CYCLE MENU - WEEK 1**

8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>BREAKFAST</b>				
Bacon Waffles Scrambled Eggs Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Flapsticks Hash Browns Scrambled Eggs Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Breakfast Sandwich Tater Tots Scrambled Eggs Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Bacon Pancakes Scrambled Eggs Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Sausage Links French Toast Sticks Scrambled Eggs Breakfast Potato Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Breakfast Taco Grilled Potato Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Sausage Patty Cinnamon French Toast Scrambled Eggs Breakfast Potato Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk
		<b>LUNCH</b>				
Beef Rigatoni/Pasta Chicken Parmesan, Penne Garlic Bread Marinara Sauce Broccoli Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Beef Taco Chicken Taco Meat Spanish Rice Refried Beans Sour Cream / Salsa Tortillas / Guacamole / Taco Kit Roasted Corn Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	PubHouse Burger Chips Ciabatta Rolls LTO Kits Spinach Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Buffalo Chicken Sandwich Grilled Chicken Assorted Chips Potato Roll Buffalo Sauce / Blue Cheese Sandwich Tray Peas Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Pepper Steak n Stir-Fry Chicken/Shrimp N Jasmine Rice Egg Roll Oriental Blend Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Sliced Deli Turkey Bacon Round Chips Pretzel Rolls Pickles / Sliced Cheese LTO Sandwich Kit Peas and Carrots Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Burrito Bowl/Chicken/Steak Black Beans Cilantro Rice/Flour Tortillas Taco Kit Salsa, Sour Cream/Guacamole Salad Bar Southwest Corn Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk
		<b>DINNER</b>				
Roasted Chicken Quarters Beef Stew Brown Rice Dinner Roll Peas and Carrots Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Salisbury Steak Shrimp Scampi Linguine Mashed Potato w/gravy Green Beans Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Beef & Broccoli Teriyaki Chicken Sticky Rice Hawaiian Rolls Oriental Blend Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Beef/Chicken Fajita Black Beans Mexican Rice Southwest Corn Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Chicken Tenders Fire Braised Chicken Breast Roasted Red Potato Sour Dough Bread Snap Peas Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Meatball Marinara Pasta Garlic Bread Sub Roll Mozzarella Cheese Zoodles Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	King Hall Meatloaf Salmon Sweet Potato Broccoli Whole Grain Roll Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk

**U.S. NAVAL ACADEMY - 2019 SUMMER CAMP 3 WEEK CYCLE MENU - WEEK 2**

15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>BREAKFAST</b>				
Sausage Links Grande Pancakes Scrambled Eggs Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Bacon Breakfast Potatoes Scrambled Eggs Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Sausage Patty Belgium Waffle Scrambled Eggs w/Cheese Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Bacon Hashbrown Patty Scrambled Eggs Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Sausage Links French Toast Sticks Scrambled Eggs Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Breakfast Sandwiches Tater Tots Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Breakfast Taco Bacon Breakfast Potato Scrambled Eggs Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk
		<b>LUNCH</b>				
Steak/Lamb/Chicken Gyro Chicken gyro Pita Rice Pilaf Peas Gyro Kit Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Pubhouse Burger Chicken Burger Waffle Fries Hamburger Rolls Pickles / Sliced Cheese LTO Kit Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Philly Cheesesteak Chicken Cheesesteak Sub Roll Lays Chips Mushroom and Onions Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Buffalo Chicken Sandwich Grilled Chicken Assorted Chips Potato Roll Broccoli Buffalo Sauce / Blue Cheese Sandwich Tray Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	French Dip Beer Battered Cod Mac and Cheese Sub Roll Spinach Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Turkey Sub Italian Sub Potato Chips LTO Kit Veg-Chef's Choice Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Chili Mac Fire Braised Chicken Breast Garlic Bread Corn Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk
		<b>DINNER</b>				
Pot Roast Gnocci with Marinara Garlic Mashed Potatoes Bread Sticks mesan Cheese / Marinara C Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Jumbo Chicken wing Chicken Florentine Red Potaboe Wedges Malibu Blend Vegetable Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Pork Tenderloin Red Beans and Rice Spanish Corn Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Chicken Drumsticks Sweet Potato Wedges Broccoli Spears Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Meat Lasagna Cheese Lasagna Garlic Bread Marinara Suace / Parmesan Grilled Vegetables Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Oven Fried Chicken Au Gratin Potatoes Corn on the Cob Dinner Rolls Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	King Hall Meatloaf Roast Turkey Breast Mashed Potatoes w/Gravy Peas Sour Dough Rolls Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk

U.S. NAVAL ACADEMY - 2019 SUMMER CAMP 3 WEEK CYCLE MENU - WEEK 3

22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>BREAKFAST</u>						
Breakfast Chicken Belguim Waffles Scrambled Eggs Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Flapsticks Breakfast Potatoes Scrambled Eggs Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Bacon Cinnamon French Toast Scrambled Eggs Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Sausage Link Hashbrown Patties Cheese Omelet Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Sausage Patty Pancakes Scrambled Eggs Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Breakfast Sandwiches Hashbrown Patty Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk	Bacon Breakfast Potatoes Scrambled Eggs w/Cheese Orange Juice Assorted Cereal Cups Pastry Bar Bread Bar Fresh Fruit Assorted Yogurt Milk
<u>LUNCH</u>						
Bean & Cheese Burritos Beef Empanda Black Beans Sour Cream/Salsa Mexican Corn Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Tuscan Turkey Buttermilk Chicken Seasoned Potato Wedges Burger Rolls / Sandwich Kit Mini Cheese / Pickle Slices Broccoli/Cauliflower Mix Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Beef Taco Chicken Tacos Refried Beans Taco shells/Flour Tortilla Taco Kits Roasted Corn Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Buffalo Chicken Sandwich Grilled Chicken Assorted Chips Potato Roll Buffalo Sauce / Blue Cheese Sandwich Tray Peas Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	heese/Veggie Pizza Thin Cr Bread Sticks/Marinara Cups armesan Cheese/Red Pepp Zoodles Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Deli Turkey Bacon Rounds Pretzel Roll LTO Kit Spicy Collard Greens Bread Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Grilled Chicken Breast Sweet Potatoe Wedges Potato Rolls Prince Edward Blend Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk
<u>DINNER</u>						
Roast Turkey Panko Crusted Tilapia Rice Pilaf Broccoli & Cauliflower Dinner Rolls Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Spaghetti & Meatball Garlic Bread Marinara Sauce Zoodles Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk Sub Roll on Side Bar	Szechuan Chicken Vegetable Egg Roll Fried Brown Rice Sweet & Sour Sauce Cup Oriental blend Vegetables Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Chicken Cordon Blue Roast Pork loin w/Cream Sauce Roasted Red Potatoes Green Beans Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Cavatelli Mafioso Marinated Chicken Dinner Rolls Roasted Vegetables Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	Oven Fried Chicken Macaroni & Cheese Roasted Corn on the Cob Dinner Rolls Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk	King Hall Meatloaf Salmon Mashed Potatoes Glazed Carrots Brown Gravy Multigrain Rolls Salad Bar Assorted Salad Dressings Bread Bar Fruit Bar Dessert Bar Milk