

# Badger Day Camp

## Lunch Menu

### Summer 2015



June 29	June 30	July 1	<b>"July 4<sup>th</sup> BBQ "</b> 2	3
<b>WHOLE GRAIN PENNE PASTA</b> Basil-Tomato Sauce  Steamed Broccoli  Honey Dew Smiles	<b>HERB MARINATED CHICKEN CHURRASCO</b>  Steamed Asparagus  Sweet Potato Wedges  Sliced Cantaloupe	<b>GRILLED CHEESE on WHOLE WHEAT PULLMAN</b>  Steamed Green Beans  Fresh Pineapple Tidbits	<b>Dance Party</b> <b>GRILLED All BEEF NATAHNS FRANKS</b> <b>Whole Wheat Bun</b>  NJ Corn on the Cob  Coleslaw - Citrus Vinaigrette  Chloe's Fruit Popsicles	<b>Happy Fourth of July</b>  CAMP CLOSED
6	7	8	9	10
<b>RAINBOW CHEESE TORTELLINI</b> <b>Marinara Sauce</b>  Steamed Cauliflower  Cucumber Sticks  Watermelon Wedges	<b>Baked Breaded Chicken Tenders</b>  Whole Wheat Cous Cous  Roasted Zucchini  Grapefruit Wedges	<b>TURKEY TACOS with Toppings</b>  Spanish Brown Rice  Sautéed Peppers & Caramelized Onions  Sliced Cantaloupe	<b>BADGER BURGER VEGGIE BURGER</b> <b>With Toppings</b> <b>Whole Wheat Bun</b>  Roasted Red Bliss Potatoes  Tomato & Cucumbers Salad  Bananas	<b>"Korean B.B.Q."</b> <b>HOISIN LACQUERED GLAZED SLICED PORK LOIN</b>  Steamed Broccoli  Vegetable Lo-Mein Salad - Citrus-Ginger Vinaigrette  Strawberry Jell-O
13	14	15	16	17
<b>"Badger Breakfast"</b>  <b>WHOLE WHEAT FRENCH TOAST</b> <b>Maple Syrup</b>  Turkey Sausage  Sweet Potato Home Fries  Orange Wedges	<b>CHEESE RAVIOLI w/ Marinara Sauce</b>  Steamed Green Beans  Carrot Sticks  Red Seedless Grapes	<b>OVEN ROASTED TURKEY BREAST</b> <b>Natural Pan Gravy</b>  Braised Collard Greens  Wild Rice Pilaf  Sliced Apples	<b>TERIYAKI CHICKEN STIR FRY</b>  Udon Noodles  Snow Peas & Red Peppers  Pineapple Slices	<b>"Southern B.B.Q"</b>  <b>GRILLED BBQ RIBS</b>  Creamy Coleslaw  Sautéed Corn  Chocolate Chip Cookies

Monday thru Thursday Camp Divisions will rotate through the Badger Pizza Station

**VILLAGE PIZZA & PASTA**

Supplied by Village Pizza in Mamaroneck

<p><b>Daily Menu Offerings</b></p> <p>100% Orange Juice, 100% Apple Juice            Water            Milk - Skim, 2% and Whole Milk            FISD Waterworks Program            Local Grown Field Green Salad with House-Made dressings            Seasonal Fresh Fruit - Local When Available</p>	<p><b>Alternative Daily Sandwiches</b></p> <ul style="list-style-type: none"> <li>• 100% Whole Wheat Bagel with Low-Fat Cream Cheese</li> <li>• Roasted Turkey on 100% Whole Wheat Bread</li> <li>• Grilled Chicken on 100% Whole Grain Bun</li> <li>• American Cheese on 100% Whole Wheat Bread</li> </ul> <p><b>*Menu reviewed by:</b>            Susan Cooper, MS, RD, CDN            Nutrition Specialist, Flik Independent School Dining</p>
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IF YOU HAVE A FOOD ALLERGY, PLEASE SPEAK TO THE CHEF MANAGER -

# Badger Day Camp

## Lunch Menu

### Summer 2015



20	21	22	23	24
<b>BAKED MACARONI &amp; CHEESE</b>  Roasted Squash  Cucumber Sticks  Sliced Watermelon	<b>THREE BEAN BURRITOS</b> <b>Salsa Fresca</b>  Brown Rice Pilaf  Steamed Green Beans  Honey Dew Smiles	<b>BADGER BURGER</b> <b>VEGGIE BURGER</b> w/ Toppings <b>Whole Wheat Bun</b>  Roasted Yams  Pickle Chips  Orange Wedges	<b>Cheese Quesadilla</b>  Roasted Yellow Squash  Carrot & Celery Sticks  Grapefruit Wedges	<b>South American B.B.Q</b>  <b>GRILLED FLANK STEAK</b> <b>CHIMMICHURI</b>  Jersey Tomatoes, Grilled Onions & Arugula Salad  Sugar Cookies
July 27	28	29	30	31
<b>TRADITIONAL BAKED ZITI</b>  Sautéed Zucchini  Local Hand Fruit	<b>SLOPPY JOES</b> <b>WHOLE WHEAT BUN</b>  French Fries  Steamed Cauliflower  Cantaloupe Chunks	<b>HOUSE MADE OVEN BAKED CHICKEN NUGGETS</b>  Brown Rice Pilaf  Steamed Broccoli  Golden Pineapple Slices	<b>SLICED HERB ROASTED PORK LOIN</b>  Whole Wheat Cous Cous  Carrot Sticks  Orange Slices	<b>Badger Camp B.B.Q</b> <b>GRILLED HOT DOGS &amp; VEGGIE BURGERS</b> <b>Whole Wheat Buns</b>  NJ Corn on the Cob  Sliced Watermelon
August 3	4	5	6	7
<b>TURKEY CHILLI with Toppings</b>  Basmati Rice  Sautéed Yellow & Green Squash  Bananas	<b>SPAGHETTI - with marinara sauce</b>  Steamed Broccoli  Honeydew Melon	<b>"Badger Breakfast"</b> <b>WHOLE WHEAT FRENCH TOAST- maple syrup</b>  Breakfast Sweet Potatoes  Turkey Sausage  Sliced Cantaloupe	<b>OVEN ROASTED SAUSAGE &amp; PEPPERS</b> <b>Mini Whole Wheat Wedge</b>  Cabbage Slaw, Citrus Vinaigrette  Watermelon Chunks	<b>"BBQ Day"</b>  <b>HONEY GLAZED BBQ CHICKEN</b>  Macaroni Salad  CT Local Grown Corn on Cob  <a href="#">Chloe's Fruit Popsicles</a>
10	11	12	13	14
<b>BAKED MACARONI &amp; CHEESE</b>  Steamed Cauliflower  Cucumber Sticks  Sliced Honey Dew	<b>CHICKEN PARMIGIANA</b>  Braised Swiss Chard  Bowtie Pasta  Sliced Cantaloupe	<b>VEGETABLE LO-MEIN STIR FRY</b>  Carrot & Celery Sticks  Fortune Cookies	<b>BEEF TACOS</b> <b>Corn Shells</b>  Peppers & Onions  Three Bean Salsa  Pineapple Slices	<b>B.B.Q Day</b>  <b>PINEAPPLE GLAZED PORK RIBS</b>  Cilantro-Jicama Slaw  Strawberry Jell-O

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## VILLAGE

<p><b><u>Daily Menu Offerings</u></b>                  100% Orange Juice, 100% Apple Juice                  Water                  Milk - Skim, 2% and Whole Milk                  FISS Waterworks Program                  Local Grown Field Green Salad with House-Made dressings                  Seasonal Fresh Fruit - Local When Available</p>	<p><b><u>Alternative Daily Sandwiches</u></b></p> <ul style="list-style-type: none"> <li>• 100% Whole Wheat Bagel with Low-Fat Cream Cheese</li> <li>• Roasted Turkey on 100% Whole Wheat Bread</li> <li>• Grilled Chicken on 100% Whole Grain Bun</li> <li>• American Cheese on 100% Whole Wheat Bread</li> </ul> <p><b>*Menu reviewed by:</b>                  Susan Cooper, MS, RD, CDN                  Nutrition Specialist, Flik Independent School Dining</p>
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## Lunch Menu

### Summer 2015



17	18	19	20	21
<b>GRILLED CHEESE on WHOLE WHEAT PULLMAN</b>  Steamed Green Beans  Fresh Pineapple Tidbits	<b>WHOLE GRAIN PENNE PASTA / Marinara Sauce</b>  Cucumber Sticks  Roasted Squash  Bananas	<b>OVEN BAKED CHICKEN TENDERS</b>  Oven Baked Potatoes  Roasted Beets  Sliced Watermelon	<b>THREE BEAN BURRITOS</b> <b>Salsa Fresca</b>  Brown Rice Pilaf  Steamed Broccoli  Fresh Fruit Salad	<b>"End of Camp Dance Party"</b>  <b>BADGER BURGER</b> <b>VEGGIE BURGER</b> <b>ALL BEEF HOT DOGS</b> <b>w/ Toppings, Whole</b> <b>Wheat Bun</b>  Sweet Potato Fries  Tomato & Cucumber Salad  Ice Cream Sundae

**Daily Menu Offerings**

100% Orange Juice, 100% Apple Juice  
 Water  
 Milk - Skim, 2% and Whole Milk  
 FISS Waterworks Program  
 Local Grown Field Green Salad with House-  
 Made dressings  
 Seasonal Fresh Fruit - Local When Available

**Alternative Daily Sandwiches**

- 100% Whole Wheat Bagel with Low-Fat Cream Cheese
- Roasted Turkey on 100% Whole Wheat Bread
- Grilled Chicken on 100% Whole Grain Bun
- American Cheese on 100% Whole Wheat Bread

**\*Menu reviewed by:**

Susan Cooper, MS, RD, CDN  
 Nutrition Specialist, Flik Independent School  
 Dining

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