



# SUMMER MEALS

## What's on the Menu?

### Ledyard Summer Camp

Monday	Tuesday	Wednesday	Thursday	Friday
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#### Breakfast

<p><b>Lucky Charms Cereal Bowl served with 1% white milk</b></p> <p>100% Fruit Juice</p>	<p><b>Blueberry Muffin served with fat free Chocolate milk</b></p> <p>100% Fruit Juice</p>	<p><b>Cocoa Puffs Cereal Bowl served with 1% White milk</b></p> <p>100% Fruit Juice</p>	<p><b>Chocolate chips Muffin served with fat free Chocolate milk</b></p> <p>100% Fruit Juice</p>	<p><b>Cheerios Cereal Bowl served with 1% White milk</b></p> <p>100% Fruit Juice</p>
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#### Lunch

<p><b>Ham &amp; cheese Sandwich*</b></p> <p>Side of Vegetable and Fruit or Juice</p> <p>includes Mayonnaise &amp; Mustard Packet</p>	<p><b>BBQ Chicken Sandwich</b></p> <p>Side of Vegetable and Fruit or Juice</p>	<p><b>Turkey &amp; Cheese Sandwich</b></p> <p>Side of Vegetable and Fruit or Juice</p> <p>Includes Mayonnaise &amp; Mustard Packet</p>	<p><b>Triple decker Sun butter &amp; Jelly Sandwich</b></p> <p>Side of Vegetable and Fruit or Juice</p>	<p><b>Chicken &amp; Ranch Sandwich</b></p> <p>Side of Vegetable and Fruit or Juice</p>
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Serving up happy & healthy