

YMCA-Camp Menu



CD = Contains Dairy

GF = Gluten Free

NV = Non Vegetarian

June

2017

Feature of the Month

The Pride of the Umpqua

Harmon and Noreane Walker started farming in 1974, and today have more than 90 acres. They have been certified organic since 1998. Taking advantage of Southern Oregon's warm weather and the fertile soils deposited by the Umpqua River, they specialize in "heat loving" crops such as tomatoes, zucchini, squash, melons, berries and eggplant.

All meals are served with fresh fruits and vegetables.

All meals are served with a variety of milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	5	6	7	8
				9
	12	13	14	15
				16
	19	20	21	22
Lunch: Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies	Lunch: (GF, CD) Taco Salad Bowl, fresh fruit	Lunch: Veggie Hummus Wrap, fresh fruit, and veggies	Lunch: (NV, CD) Turkey and Cheddar Sandwich, fresh fruit, and veggies	Lunch: (NV, CD) Caesar Pasta Salad w/ Chicken, 2oz Whole Wheat Roll, fresh fruit, and veggies
	26	27	28	29
Lunch: (CD) Veggie and Cheese Sandwich, fresh fruit, and veggies	Lunch: (CD) Chef Salad Bowl, 2oz Whole Wheat Roll, fresh fruit	Lunch: (NV) Chicken Salad Sandwich, fresh fruit, and veggies	Lunch: (GF, CD) Mexican Bean & Rice Bowl, fresh fruit, and veggies	Lunch: (NV, CD) Chicken Bacon Ranch Pasta Salad, fresh fruit, and veggies
				30