

Beans
Whole-Grains

Wings Fall Summer Camp Menu

Dark Green Vegetables
Red/Orange Vegetables

	Breakfast	Lunch 1	Lunch 2	Dinner 1	Dinner 2
Sunday	Buttermilk Pancakes w/ Crispy Turkey Bacon and Freshly Sliced Cantaloupe & Honeydew	Juicy Hamburgers w/ Seasoned French fries and Steamed Carrots Ground Beef Patty (3oz) Bun (1) / French Fries (1c) Carrots (1c)	Grilled Chicken Salad w/ Tangy Dressing and Herb Fettuccini Pasta Chicken (3oz) Pasta (1c) Romaine Lettuce (2c)	Spicy Steak Fajitas w/ Stir-Fried Peppers, Rice, and Fresh Coleslaw Steak (3oz) 6in Tortillas (2) / Brown Rice (2/3c) Peppers (1c) / Coleslaw (1c)	Fish Tacos w/ Zesty Slaw, Peppery Pinto Beans & Fresh Cucumber Tilapia (3oz) 6in. Corn Tortillas (2) / Beans (1c) Coleslaw (1c) / Cucumber (1c)
Monday	Warm Oatmeal drizzled in Honey, served w/ Chilled Strawberries and Sliced Cured Ham	Savory Ham & Cheese Melts with Buttery Corn and Spinach Salad Ham (3oz) Bread (2 slices) / Corn (1/2c) Spinach (2c)	Cheesy Chicken Quesadilla w/ Rice and Garlic Parmesan Asparagus Sliced Chicken (3oz) 6in. Flour Tortillas (2) / Rice (1/3c) Roasted Asparagus (1c)	Hearty Sloppy Joes w/ Sweet Corn and a Tangy Celery and Carrot Mix Ground Beef (3oz) Bun (1) / Corn (1c) Celery & Carrots (2c)	Grilled Chicken Kabobs w/ Lemony White Rice & Stir-Fried Bell Peppers Chicken (3oz) Rice (1 1/3c) Peppers (2c)
Tuesday	Seasoned Scrambled Eggs w/ Crispy Hashbrowns and Fresh Blueberries and Raspberries	Char-Grilled Chicken Sandwiches w/ Mac&Cheese and Green Beans Chicken Breast (3oz) Flat Bun (1) / Mac&Cheese (2/3c) Green Beans (1c)	Savory Kolaches w/ Warm Oatmeal and Fresh Cucumbers/Carrots Sausage Link (3oz) Oatmeal (1 1/2c) Celery (1/2c) / Carrots (1/2c)	Scrumptious Lasagna and a Side Salad w/ Tangy Italian Dressing Ground Beef (3oz) Noodles (1 1/3c) Romaine Lettuce (4c)	Buttery Baked Potatoes w/ Hearty Turkey & Bean Chili, Garlic Broccoli Ground Turkey (2oz) / Beans (1/4c) Baked Potato (1 Large) Broccoli (2c)
Wednesday	Chilled Yogurt Parfait with Whole Wheat Granola, Fresh Bluberries and Seasoned Sausage Patties	Seasoned Taco Salad w/ Buttery Corn and Steamed Broccoli Ground Beef (3oz) 6in. Flour Tortillas (2) / Corn (1/2c) Broccoli (1c)	Chilled Tuna Salad Sandwiches w/ Garlicky Peas & Steamed Squash Tuna (3oz) Peas (1/2c) / Bread (2 Slices) Yellow Squash (1c)	BBQ Pork Sandwiches w/ Garlicky Mashed Potatoes & Green Beans Shredded Pork Tenderloin (3oz) Bun (1) / Mashed Potatoes (1c) Green Beans (2c)	Char-Grilled Chicken Breasts w/ Corn, Mashed Potatoes & Asparagus Chicken (3oz) Corn (1c) / Mashed Potatoes (1c) Asparagus (2c)
Thursday	Grilled Chicken Biscuits w/ Sharp Pepperjack Cheese and Fresh Grapes	Crispy Fried Fish w/ Chips, Baked Potato Wedges, Peas & Celery Catfish (3oz) Fried Potatoes (1c) / Peas (1/2c) Fresh Celery (1c)	Savory Chicken Parmesan w/ Tomato Sauce Pasta & Cauliflower Chicken (3oz) Pasta (1c) Steamed Cauliflower (1c)	Cheesy Beef Enchiladas w/ Rice, Creamy Refried Beans & Salad Beef (2oz) / Beans (1/4c) 6in. Flour Tortillas (2) / Rice (2/3c) Romaine Lettuce (4c)	Stuffed Bell Peppers w/ Seasoned Brown Rice & Cilantro Black Beans Ground Turkey (3oz) Brown Rice (2/3c) / Beans (1c) Peppers (2c)
Friday	Crispy Breakfast Flautas w/ Spiced Chorizo, Egg, Feta Cheese and Bell Peppers. Served with Fresh Kiwi	Crunchy Peanut Butter Sandwiches w/ Oatmeal, Cured Ham & Broccoli Ham (1oz) / Peanut Butter (1tbsp) Bread (2 slices) / Oatmeal (1/2c) Broccoli (1c)	Cold Chicken Avocado Wraps w/ White Rice and Peppery Zucchini Sliced Chicken (3oz) 6in. Flour Tortilla (1) / Rice (2/3c) Grilled Zucchini (1c)	Spaghetti & Meatballs w/ a Rich Tomato Sauce, Sauteed Asparagus Ground Turkey (3oz) Noodles (1 1/3c) Asparagus (2c)	Spicy Crumbled Sausage & Egg Waffle Tacos w/ Grits & Spinach Salad Eggs (2) / Sausage (1oz) 4in. Waffles (2) / Grits (1c) Spinach (4c)
Saturday	Toasted Whole Wheat Bagels with a Cream Cheese/Peanut Butter Spread, Fresh Blueberries	Parmesan Chicken Strips w/ Creamy Potatoes & Green Beans Fried Chicken (3oz) Mashed Potatoes (1 1/2c) Green Beans (1c)	Rotini Pasta Salad w/ Buttery Creamed Corn and Black Beans Diced Ham (2oz) / Beans (1/4c) Pasta (2/3c) / Corn (1/2c) Grilled Zucchini (1c)	Smoked Brisket w/ Creamy Mac & Cheese, Buttery Corn & Coleslaw Brisket (3oz) Cob Corn (4in. Piece) / Pasta (2/3c) Coleslaw (2c)	Smoked Chicken & Black Bean Flautas w/ Rice & Peppery Zucchini Chicken (2oz) / Beans (1/4c) 6in. Tortillas (2) / Brown Rice (2/3c) Grilled Zucchini (2c)

Gibson, Alyssa
Leija, Navil

2200kcal	Lunch	Dinner
6oz Protein	3oz	3oz
7oz eq S/G	3oz eq	4oz eq
3 Cups Vegetables	1 Cup	2 Cups

This menu was created for the Wings Fall High School Summer Camp. The campsite facility is located in the beautiful Texas Hill Country on the Frio River. The camp was designed for males and females (ages 14-18), giving them opportunities to enjoy the beautiful outdoors of Texas. In addition to enjoying their time in nature at the campsite, campers will also be provided with some delicious meals. Our menu will offer a food experience to them that is different from any summer camp they have attended before.

We opted to serve them a 2,200 Calorie diet since they will be outside and active for the most part of each day. This will ensure their energy level remains high enough to participate in every activity the camp offers. We organized the meals on our menu by pairing common "camp food" items with some less traditional camp food options. This gives variety to campers who may want to branch out, experience new foods and get away from some traditional camp meals.