



2013 Lunch Menu

Camp Keystone offers a hot lunch program for \$5.00 a day. Campers who want to take advantage of our freshly prepared lunches can do so in the following ways:

1. For those who would like hot lunch every day that they attend camp, simply add that on to the prepaid lunch box on the back of your registration form. There is no need to fill out this menu and return it.
2. If your camper would only like to prepay for lunch on certain days, please indicate those days on this form by placing an "X" in the column next to the day you would like, and return it with your registration form.
3. For your convenience, campers may also purchase their lunch each morning when they arrive at camp at the Welcome Booth.

Listed below is our Summer Lunch Menu*. Lunches usually consist of an entree (as listed), three sides (such as coleslaw, green salad, potato salad, fresh fruit, vegetables, or chips), and cookies or other dessert. Juice/punch and water are always available to ALL campers whether they have bought a lunch or not.

Week/ Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 June 17-21	Mac & Cheese	Teriyaki Chicken white rice	Grilled Cheese on whole wheat	French Toast Sticks	Cheese/Pepperoni Pizza
Week 2 June 24-28	Baked Chicken Nuggets	Grilled Hamburger whole wheat bun	Chicken/Cheese Quesadilla	Bar-B-Q Beef	Subway Turkey on whole wheat
Week 3 July 1-5	Bean & Cheese Burrito	Hot Dog/Chili Dog whole wheat bun	Chicken Patty whole wheat bun	CAMP CLOSED	Baked Chicken Taqitos
Week 4 July 8-12	Teriyaki Chicken white rice	Taco Bar rice & beans	Cheese/Pepperoni Pizza	Grilled Hamburger whole wheat bun	Whole grain Baked Ziti with marinara
Week 5 July 15-19	Chicken/Cheese Quesadilla	Corn Dogs	Mac & Cheese	Bean & Cheese Burrito	Baked Chicken Nuggets
Week 6 July 22-26	Chicken Patty whole wheat bun	Grilled Cheese on whole wheat	Hot Dog/Chili Dog whole wheat bun	Whole grain Baked Ziti with marinara	Chicken/Cheese Quesadilla
Week 7 July 29 - Aug. 2	Bar-B-Q Chicken	Subway Turkey on whole wheat	Grilled Hamburger whole wheat bun	Mac & Cheese	Bar-B-Q Beef
Week 8 Aug. 5-9	Bean & Cheese Burrito	Whole grain Baked Ziti with marinara	Teriyaki Chicken white rice	Cheese/Pepperoni Pizza	Corn Dogs
Week 9 Aug. 12-16	Hot Dog/Chili Dog whole wheat bun	Bar-B-Q Beef	Mac & Cheese	Grilled Hamburger whole wheat bun	Taco Bar rice & beans
Week 10 Aug. 19-23	Baked Chicken Taqitos	Chicken/Cheese Quesadilla	Subway Turkey on whole wheat	Baked Chicken Nuggets	Cheese/Pepperoni Pizza

*Camp Keystone may make substitutions to this menu on occasion as necessary due to unforeseen circumstances

To help you calculate your total, add the number of days and multiply by \$5.00 in the space provided:

Total days _____ X \$5.00 = \$ _____

Camper's Name(s): _____