

2022

The Dwight School Summer Camp Menu 2022

WEEK 1	MONDAY 6/20	TUESDAY 6/21	WEDNESDAY 6/22	THURSDAY 6/23	FRIDAY 6/24
HOT ENTRÉE	Cheese Quesadillas Steam Rice Black Beans Sour Cream & Salsa (V)	Beef Sliders Roasted Potatoes Steam Green Beans	Cheese Ravioli Steamed Green Peas Marinara Sauce (V)	Fish Sticks Roasted Potato Wedges Chef Choice Vegetable	Roasted Chicken Drumsticks Brown Rice Chef's Choice Vegetable
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	PLAIN cream cheese, butter & jam	CINNAMON RAISIN cream cheese, butter & jam	FRENCH TOAST cream cheese, butter & jam	BLUEBERRY cream cheese, butter & jam	WHOLE WHEAT cream cheese, butter & jam
PASTA W/ MARINARA	Penne	Rotini	Macaroni with Butter & Parmesan Cheese	Ziti	Chef's Choice
WEEK 2	MONDAY 6/27	TUESDAY 6/28	WEDNESDAY 6/29	THURSDAY 6/30	FRIDAY 7/1
HOT ENTRÉE	Cheese Pizza Oven Fried Potatoes	Pulled Pork Tacos Steamed Corn Taco Sides	Grilled Chicken Strips Mac & Cheese	Bean Chili w/ Tortilla Chips, Guacamole, Sour Cream & Cheese	All Beef Hot Dogs Tater Tots
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	PLAIN cream cheese, butter & jam	CINNAMON RAISIN cream cheese, butter & jam	FRENCH TOAST cream cheese, butter & jam	BLUEBERRY cream cheese, butter & jam	WHOLE WHEAT cream cheese, butter & jam
PASTA W/ MARINARA	Penne	Ziti	Rotini	Mac & Cheese (no Marinara)	Chef's Choice
WEEK 3	MONDAY 7/4	TUESDAY 7/5	WEDNESDAY 7/6	THURSDAY 7/7	FRIDAY 7/8
HOT ENTRÉE	 4th of July NO LUNCH	Beef Sliders Roasted Potatoes Steam Green Beans	Cheese Ravioli Steamed Green Peas Marinara Sauce (V)	Fish Sticks Roasted Potato Wedges Chef Choice Vegetable	Roasted Chicken Drumsticks Brown Rice Chef's Choice Vegetable
SANDWICH		Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD		w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL		CINNAMON RAISIN cream cheese, butter & jam	FRENCH TOAST cream cheese, butter & jam	75% PLAIN / 25% Whole Wheat cream cheese, butter & jam	75% PLAIN / 25% Whole Wheat cream cheese, butter & jam
PASTA W/ MARINARA		Rotini	Macaroni with Butter & Parmesan Cheese	Ziti	Chef's Choice

All side boxes will be labeled and include appropriate fixings to entrée, a fresh fruit salad, utensils and napkin

All ratios of each each item sent are at Chef's discretion

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WEEK 4	MONDAY 7/11	TUESDAY 7/12	WEDNESDAY 7/13	THURSDAY 7/14	FRIDAY 7/15
HOT ENTRÉE	Cheese Pizza Oven Fried Potatoes	Beef Taquitos Poached Black Beans Steamed Corn	Grilled Chicken Strips Mac & Cheese	Vegetarian Meatballs Marinara (on the side) Buttered Ditalini Pasta	All Beef Hot Dogs Tater Tots
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Ziti	Rotini	Mac & Cheese (no Marinara)	Chef's Choice
WEEK 5	MONDAY 7/18	TUESDAY 7/19	WEDNESDAY 7/20	THURSDAY 7/21	FRIDAY 7/22
HOT ENTRÉE	Cheese Quesadillas Steam Rice Black Beans Sour Cream & Salsa (V)	Beef Sliders Roasted Potatoes Steam Green Beans	Cheese Ravioli Steamed Green Peas Marinara Sauce (V)	Fish Sticks Roasted Potato Wedges Chef Choice Vegetable	Roasted Chicken Drumsticks Brown Rice Chef's Choice Vegetable
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Rotini	Macaroni with Butter & Parmesan Cheese	Ziti	Chef's Choice
WEEK 6	MONDAY 7/25	TUESDAY 7/26	WEDNESDAY 7/27	THURSDAY 7/28	FRIDAY 7/29
HOT ENTRÉE	Cheese Pizza Oven Fried Potatoes	Beef Taquitos Poached Black Beans Steamed Corn	Grilled Chicken Strips Mac & Cheese	Vegetarian Meatballs Marinara (on the side) Buttered Ditalini Pasta	All Beef Hot Dogs Tater Tots
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Ziti	Rotini	Mac & Cheese (no Marinara)	Chef's Choice

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2022	<u>The Dwight School Summer Camp Menu 2022</u>				
WEEK 7	MONDAY 8/1	TUESDAY 8/2	WEDNESDAY 8/3	THURSDAY 8/4	FRIDAY 8/5
HOT ENTRÉE	Cheese Quesadillas Steam Rice Black Beans Sour Cream & Salsa (V)	Beef Sliders Roasted Potatoes Steam Green Beans	Cheese Ravioli Steamed Green Peas Marinara Sauce (V)	Fish Sticks Roasted Potato Wedges Chef Choice Vegetable	Roasted Chicken Drumsticks Brown Rice Chef's Choice Vegetable
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Rotini	Macaroni with Butter & Parmesan Cheese	Ziti	Chef's Choice
WEEK 8	MONDAY 8/8	TUESDAY 8/9	WEDNESDAY 8/10	THURSDAY 8/11	FRIDAY 8/12
HOT ENTRÉE	Cheese Pizza Oven Fried Potatoes	Beef Taquitos Poached Black Beans Steamed Corn	Grilled Chicken Strips Mac & Cheese	Vegetarian Meatballs Marinara (on the side) Buttered Ditalini Pasta	All Beef Hot Dogs Tater Tots
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Ziti	Rotini	Mac & Cheese (no Marinara)	Chef's Choice

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All ratios of each item sent are at Chef's discretion

2021	<u>Dwight School- DSAC & ECD Discovery Summer Camp</u>				
WEEK 9	MONDAY 8/16	TUESDAY 8/17	WEDNESDAY 8/18	THURSDAY 8/19	FRIDAY 8/20
HOT ENTRÉE	Cheese Quesadillas Steam Rice Black Beans Sour Cream & Salsa (V)	Beef Sliders Roasted Potatoes Steam Green Beans	Cheese Ravioli Steamed Green Peas Marinara Sauce (V)	Fish Sticks Roasted Potato Wedges Chef Choice Vegetable	Roasted Chicken Drumsticks Brown Rice Chef's Choice Vegetable
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Rotini	Macaroni with Butter & Parmesan Cheese	Ziti	Chef's Choice
WEEK 10	MONDAY 8/23	TUESDAY 8/24	WEDNESDAY 8/25	THURSDAY 8/26	FRIDAY 8/27
HOT ENTRÉE	Cheese Pizza Oven Fried Potatoes	Beef Taquitos Poached Black Beans Steamed Corn	Grilled Chicken Strips Mac & Cheese	Vegetarian Meatballs Marinara (on the side) Buttered Ditalini Pasta	All Beef Hot Dogs Tater Tots
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Ziti	Rotini	Mac & Cheese (no Marinara)	Chef's Choice

All side boxes will be labeled and include appropriate fixings to entrée, a fresh fruit salad, utensils and napkin

All ratios of each item sent are at Chef's discretion