

Camp Amgen Lunch Menu **Ages 3-5**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept 11-15, 2017	4 oz Macaroni & Cheese 4 oz steamed green beans 4 oz sliced pears 6 oz milk	4 oz Turkey Burger Patty 4 oz rice pilaf 4 oz steamed peas 4 oz sliced honeydew 6 oz milk	5 oz Cheese Pizza (1 individual pizza) 4 oz shredded lettuce with sliced tomatoes and ranch dressing 4 oz diced pineapple 6 oz milk	3 oz Beef Sloppy Joe on Whole Wheat Bun 4 oz steamed yellow squash 4 oz applesauce 6 oz milk	2 Whole Grain Strawberry Pancakes (3 oz each) 2 oz turkey sausage 2 oz vanilla yogurt 4 oz sliced apricots 6 oz milk
Sept 18-22, 2017	1 Grilled Cheese Sandwich (2 slices whole wheat bread, 2 oz cheese) 4 oz tomato soup 4 oz sliced peaches 6 oz milk	3 oz BBQ Chicken 4 oz steamed zucchini 4 oz sliced cantaloupe 6 oz milk	4 oz Cold Whole Wheat Veggie Pasta Salad (shredded carrots, shredded zucchini, diced tomatoes, fresh herb dressing) 4 oz sliced cucumber with 2 oz ranch dip 1 banana 6 oz milk	2 Sweet Potato & Cheddar Cheese Taqitos (diced sweet potato, cheddar cheese) cranberry dipping sauce 4 oz sliced yellow squash 6 oz milk	5 oz Cheese Tortellini with Pink Sauce 4 oz steamed green beans 4 oz diced pineapple 6 oz milk
Sept 25-29, 2017	4 oz Whole Wheat Rotini with Garlic Butter 4 oz steamed peas 4 oz sliced peaches 6 oz milk	1 Beef Salisbury Steak 4 oz roasted potatoes 4 oz steamed coined carrots 4 oz sliced honeydew 6 oz milk	2 Bean and Cheese Burritos 4 oz red rice 4 oz steamed green beans 4 oz diced watermelon 6 oz milk	4 oz Vegetarian Meatballs 4 oz veggie pasta 4 oz steamed cauliflower 4 oz sliced apricots 6 oz milk	2 Turkey Salad Sliders (each: 1 oz turkey salad, mini bun) 4 oz shredded lettuce with sliced tomatoes and ranch dressing 4 oz sliced pears 6 oz milk
Oct 2-6, 2017	4 oz Spaghetti and Meat Sauce(3 oz whole wheat spaghetti 1 oz Meat Sauce) 4 oz steamed peas 4 oz sliced pears 6 oz milk	1 Cheese Quesadilla 4 oz steamed yellow squash 4 oz sliced cantaloupe 6 oz milk	3 oz Beef Meatloaf 4 oz mashed potatoes 4 oz steamed broccoli 1 banana 6 oz milk	5 oz Cheese Pizza 4 oz Sliced Zucchini and Ranch Dip 4 oz sliced peaches 6 oz milk	3 oz Turkey Sloppy Joe on Whole Wheat Bun 4 oz steamed coined carrots 4 oz sliced honeydew 6 oz milk
Oct 9-13, 2017	4 oz Macaroni & Cheese 4 oz steamed green beans 4 oz applesauce 6 oz milk	2 Waffles with Apple Cranberry Sauce (3 oz each) 2 oz turkey sausage 2 oz strawberry yogurt 4 oz sliced cantaloupe 6 oz milk	1 Grilled Cheese Sandwich (2 slices whole wheat bread, 2 oz cheese) 4 oz tomato soup 4 oz diced watermelon 6 oz milk	2 Chicken and cheese quesadilla (each: 1.5 oz chicken 1 oz cheddar cheese) 4 oz steamed broccoli 4 oz sliced peaches 6 oz milk	5 oz Cheese Pizza (1 individual pizza) 4 oz sliced cucumber with 2 oz ranch dip 4 oz sliced honeydew 6 oz milk
Oct 16-20, 2017	5 oz Baked Ziti (contains pasta, tomato, basil, mozzarella, garlic and onion powder) 4 oz peas 4 oz slice peaches 6 oz milk	1 Grilled Cheese Sandwich (2 slices whole wheat bread, 2 oz cheese) 4 oz tomato soup 4 oz sliced apples 6 oz milk	3 oz BBQ Vegetarian Meatballs 4 oz steamed broccoli 4 oz diced pineapple 6 oz milk	2 oz Vegetarian Chili (Kidney beans, pinto beans, onion, celery, carrots, diced tomatoes, yellow squash) 2 oz roasted cauliflower 2 oz diced pears 4 oz milk	2 Turkey Sliders (each: 1 oz turkey, mini bun) 4 oz Butternut Squash Soup 4 oz sliced cantaloupe 6 oz milk

* Vegetable casserole and stuffing are made without eggs

* We will not serve kiwi, sesame seeds, nuts or peanuts

* Wraps and burritos are small in diameter for young children and will be cut if needed

* Each classroom will receive soy milk for the children who request it

* Ketchup will be available for the children who request it

* Subject to change based on food availability

* 1% Milk is served

* All measurements listed are by volume, except for meats, which are listed by weight

Amgen Dining Services commitment to:

Poultry produced without the routine use of human antibiotics

Sourcing rBGH-free milk and yogurt

* This menu satisfies the USDA Child Care Food Program guidelines. Please review this menu carefully and determine whether your child(ren) may be allergic to any menu item ("Allergen"). If you believe your child(ren) may be allergic to any item on this menu, or if you would like additional information regarding the ingredients of any menu item, please contact the Camp Amgen front office x59080. Upon your request, you will receive a complete list of ingredients for each menu item requested.

In the event you determine that your child(ren) is or may be allergic to any menu item, please notify Bright Horizons immediately, both via phone and in writing, at South House x76793 #2. Parents are responsible for providing alternative menu items for their child(ren). Amgen, Bright Horizons Family Solutions and Compass cannot ensure that your child(ren) will not ingest a product containing an Allergen.