



OMS Montessori
July 2022
 Summer Camp

Snacks

Served with Milk or Water

Morning

Afternoon

Monday: Cereal with Milk
 Tuesday: Grapes & Croissant
 Wednesday: Raisin Bread & Cream Cheese
 Thursday: Muffins & Apple Sauce
 Friday: Banana Bread & Melons

Apple Sauce & Fig Bar
 Rice Cakes & Yogurt
 Pretzels & Raisins
 Raw Veggies & Ranch
 Granola Bars & Yogurt

Entrées

Served with Fruits & Milk or Water

Monday	Tuesday	Wednesday	Thursday	Friday
Grapes	Pineapple	Bananas	Manadarins	Peaches
4-Jul	5-Jul	6-Jul	7-Jul	8-Jul
Beef Bolognese Pasta with Peppers, Zucchini and Broccoli	Chicken Salad Wrap with Caprese Salad	Beef Pot Pie with Green Beans	Chicken Shawarma Platter	Hamburger Cheese Pizza & Greek Tortellini Pasta Salad
11-Jul	12-Jul	13-Jul	14-Jul	15-Jul
Alfredo Pasta, Roasted Turkey, Peppers, Zucchini and Carrots	Tuna Wrap w/ Broccoli Chopped Salad	Chicken Fried Rice with Vegetable Springrolls	Beef Burrito with Mexican Baked Corn	Chicken Cheese Pizza & Greek Vegetable Salad
18-Jul	19-Jul	20-Jul	21-Jul	22-Jul
Mac and Cheese with Chicken and Green Beans	Beef Hot Dog, Sautéed Peppers, Cheese on a Bun w/ Potato Salad	Kung Pao Stir-fry Chicken, Broccoli, Peppers and Zucchini wih Rice	Turkey Shepherd's Pie with Roasted Peas & Carrots	Hamburger Cheese Pizza & Mexican Salad
25-Jul	26-Jul	27-Jul	28-Jul	29-Jul
Pasta Marinara w/ Turkey, Broccoli Cauliflower and Carrots	Roast Beef Cheddar Wrap with Garden Salad with Balsamic Dressing	BBQ Chicken with Fries, Peas and Corn	Curry Beef Stir-fry with vegetables and rice	Chicken Cheese Pizza & Macaroni Ranch Salad