



### Breakfast Menu (every morning)

#### Cereal

Fruit Loops  
Apple Jacks  
Raisin Bran  
Frosted Mini Wheats  
Frosted Flakes

#### Gluten Free – Cereal

Honey Nut Cheerios

#### Drinks

Whole Milk  
Orange Juice  
Water

#### Fruit

Bananas  
Apple Slices

### Lunch Menu (daily)

#### Monday

Turkey & Cheese\*  
Chips  
Sliced Fruit

Ham & Cheese\*  
Chips  
Sliced Fruit

Grilled Cheese\*  
Chips  
Sliced Fruit

#### Tuesday

Chicken Tacos\*  
Tortilla Chips  
Queso & Salsa

Beef Tacos\*  
Tortilla Chips  
Queso & Salsa

Cheese/Bean Burrito\*  
Tortilla Chips  
Queso & Salsa

#### Wednesday

Fried Chicken Wrap  
Fries  
Applesauce

Grilled Chicken Wrap\*  
Fries  
Applesauce

Veggie Wrap\*  
Fries  
Applesauce

#### Thursday

*(2 slices per child)*  
Cheese Pizza\*  
Carrots & Cucumbers

Pepperoni Pizza\*  
Carrots & Cucumbers

Sausage Pizza\*  
Carrots & Cucumbers

#### Friday

Hot Dogs\*  
Chips  
Applesauce

Burgers\*  
Chips  
Applesauce

Veggie Burger\*  
Chips  
Applesauce

\* Will include a Gluten Free Bread/Bun Option. For tacos and wraps, gluten free option is corn tortillas.

\*\* Chicken Tenders and daily side will also be a choice for each day on the registration form.

\*\*\* We will provide lemonade and/or fruit punch at lunch and water throughout the day.

If your Child has severe allergies or special dietary needs, please contact VLK directly. For our 2024 Summer Camps, we will allow parents to drop off UNCOOKED ingredients with which our Head Chef will make your child's meal. This MUST be arranged at least one week before the start of your child's Summer Camp. We will not allow any outside food or drinks within our facility unless pre-arranged with our Event Coordinator and Head Chef.

#### After Camp (3pm - 6 pm)

Kids Meal from Pit Road Bar & Grill