



2017 Summer Camp Breakfast & Lunch Menu



Breakfast Menu (every morning)

Cereal

Captain Crunch
Fruit Loops
CoCo Puffs

Gluten Free-Cereal

Honey Nut Cheerios
Cinnamon Toast Crunch

Drinks

Whole Milk
Orange Juice

Fruit

Oranges

Lunch Menu (daily)

Monday-Deli Day

Turkey & Cheese*
Ham & Cheese*
Assorted Chips

Tuesday-Tacos

Chicken or Beef*:
soft shells
Lettuce & Cheese
Chips & Salsa or
Cheese Sauce

Wednesday-Chicken Wrap Day

Chicken Strips/Cheese/Lettuce/
Ranch: Flour Tortillas*
Tater Tots

Thursday-Spaghetti Day

Spaghetti with beef
meat sauce*

Friday-Cookout Day

Hot Dogs*
Burgers*
Baked Beans
Fruit

* Will include a Gluten Free Bread/Bun Option

** Bottled water and sodas will also be available for sale.

If your Child has severe allergies or special dietary needs, please contact VLK directly. For our 2017 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 Head Chef.

After Camp (3pm - 6 pm)

Kids Meal from Pit Road Bar & Grill