








A YUMMY JULY MENU FOR CAMP LIVE OAK --- BIRCH

- Select Either the Hot Option for the Entire Week or the Cold Option for the Entire Week;
Please Submit Orders NO LATER THAN WEDNESDAY, 3:00 p.m. of the Week Prior

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p> <p>Hot: Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit</p> <p>Cold: Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit</p>	<p>3.</p> <p>No Yummy Lunches Camp Live Oak BBQ</p> 	<p>4.</p> <p>No Yummy Lunches</p> <p><i>4th July *Happy* Independence Day</i></p>	<p>5.</p> <p>Hot: Turkey Meatballs, Roll, Baked Tater Tots, Fresh Fruit</p> <p>Cold: Turkey & Provolone Wrap, Baked Chips, Fresh Fruit</p>	<p>6.</p> <p>CAMP LIVE OAK</p>  <p>PIZZA DAY Veggies & Dip & Fresh Fruit</p>
<p>9.</p> <p>Hot: Pasta & Tomato Sauce, Roasted Veggies, Fresh Fruit</p> <p>Cold: Hummus & Roasted Veggie Sandwich, Baked Chips, Fresh Fruit</p>	<p>10.</p> <p>Hot: Lean Beef Tacos, Rice & Beans, Fresh Fruit</p> <p>Cold: Turkey Wrap, Baked Chips, Fresh Fruit</p>	<p>11.</p> <p>FIELD TRIP</p> <p>Cold: Grilled Chicken Sandwich, Baked Chips, Fresh Fruit</p> <p>Cold: Grilled Chicken Sandwich, Baked Chips, Fresh Fruit</p>	<p>12.</p> <p>Hot: Lean Beef Burgers, Baked Tater Tots, Fresh Fruit</p> <p>Cold: Bistro Pasta Salad w/Grilled Chicken & Cheese, Roll, Fresh Fruit</p>	<p>13.</p> <p>CAMP LIVE OAK</p>  <p>PIZZA DAY Veggies & Dip & Fresh Fruit</p>
<p>16.</p> <p>Hot: Pasta alla Rosa Sauce & Chicken, Roasted Veggies, Fresh Fruit</p> <p>Cold: Southwestern Grilled Chicken Salad, Tortilla Chips, Fresh Fruit</p>	<p>17.</p> <p>Hot: Cheese Burrito, Black Beans, baked Plantains, Fresh Fruit</p> <p>Cold: Make Your Own Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p>	<p>18.</p> <p>Hot: Grilled Chicken Sandwich, Roasted Veggies, Fresh Fruit</p> <p>Cold: Grilled Chicken Wrap, Baked Chips, Fresh Fruit</p>	<p>19.</p> <p>Hot: Baked Fish Sticks, Roasted Potato Wedges, Fresh Fruit</p> <p>Cold: Turkey & Swiss Sub Sandwich, Baked Chips, Fresh Fruit</p>	<p>20.</p> <p>CAMP LIVE OAK</p>  <p>PIZZA DAY Veggie Chips & Fresh Fruit</p>
<p>23.</p> <p>Hot: Cheese Ravioli w/Olive Oil, Roasted Veggies, Fresh Fruit</p> <p>Cold: Turkey Sandwich, Baked Chips, Fresh Fruit</p>	<p>24.</p> <p>Hot: Breakfast for Lunch—Egg & Cheese Muffin, Roasted Potatoes, Fresh Fruit</p> <p>Cold: Grilled Chicken Caesar Salad, Fresh Fruit</p>	<p>25.</p> <p>Hot: Ropa Vieja, Baked Plantains, Fresh Fruit</p> <p>Cold: Farmers Market Salad w/Chicken, Crackers, Fresh Fruit</p>	<p>26.</p> <p>FIELD TRIP</p> <p>Cold: Grilled Chicken Wrap, Baked Chips, Fresh Fruit</p> <p>Cold: Grilled Chicken Wrap, Baked Chips, Fresh Fruit</p>	<p>27.</p> <p>CAMP LIVE OAK</p>  <p>PIZZA DAY Veggies & Dip & Fresh Fruit</p>

30.	31.			
<p>Hot: Penne Carbonara Roasted Veggies, Fresh Fruit</p> <p>Cold Italian Sandwich on Ciabatta, Baked Chips, Fresh Fruit</p>	<p>Hot: Chicken Caprese, Parmesan Roasted Veggies, Fresh Fruit</p> <p>Cold: Turkey Wrap, Baked Chips, Fresh Fruit</p>			

Camper Name: _____

Counselor Name /Group: _____

Parent Name: _____ Phone Number: _____

Total for Your Yummy Meals = \$28.75/week; Each meal is accompanied by an Honest Kids Organic Juice

Circle One: Check Enclosed (Make Payable to Camp Live Oak) Cash Enclosed

Bill my credit card: VISA / MC / AMEX Card#: _____ Exp: _____

Signature: _____ CID: _____

5 Digit Billing Zip Code: _____

*Any Returned Checks Will Be Charged a \$15.00 Fee
*HERE'S TO A YUMMY SUMMER!

