



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WIDJI FOOD GROWS HEALTHY KIDS RESIDENT CAMP



SESSION 3: June 9 – June 13

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST 8:00		Steel Cut Oats Waffles Scrambled Eggs	Continental	Steel Cut Oats French Toast Sausage Links	Scrambled Eggs Bacon Hashbrowns	Pancakes Sausage Patty Scrambled Eggs	Continental
LUNCH 12:00		All Natural Hot Dogs Sweet Potato Fries Sauteed Veggies	Lime Cilantro Chicken Fajitas Pinto Beans Rice	Cheesy Orzo with White Beans Kale	Louisiana Dirty Rice Plantains Peppers	Whole Grain Pizza Peppers/ Onion Cheese Chickpea Salad	
DINNER 5:30	Roasted Chicken Cheesy Polenta Sautee Green Beans	Camp Out	Jambalaya	Chicken Stir fry Fried Rice	Fettuccine Alfredo Spinach	Cook Out	

SESSION 4: June 16 – June 20

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST 8:00		Steel Cut Oats Waffles Scrambled Eggs	Continental	Steel Cut Oats French Toast Sausage Links	Scrambled Eggs Bacon Hashbrowns	Steel Cut Oats Waffles Scramled Eggs	Continental Sandwich Bar
LUNCH 12:00		Pasta with Parmesan Cream and Summer Veggies Roasted Cauliflower	Chicken Ceaser Garlic Bread	Beef and Broccoli Sauteed Cabbage	Chicken Devine Rice	Chicken Fingers Sweet Potatoes	
DINNER 5:30	Roasted Chicken Cheesy Polenta Sautee Green Beans	Camp Out	BBQ Meatloaf Mashed Potatoes Roasted Carrots	Pizza Night Kale and White Beans	Spaghtetti Marinara Chef's Salad	Cook Out	