



# ST. MARK'S SUMMER

## Lunch Menu Summer 2023

Lunch and a morning snack are provided daily to participants in all St. Mark's Summer programs, and Counselors assist with making campers aware of their options each day.

*This menu is tentative and subject to change.*

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<p>Mac &amp; Cheese Plain Pasta Pasta with marinara</p> <p>Sunbutter &amp; Jelly sandwiches</p> <p>Salad</p> <p>Fruit</p> <p>Water</p>	<p>Chicken Tenders Plant-based Nuggets Plain pasta Pasta with marinara</p> <p>Sunbutter &amp; Jelly sandwiches</p> <p>Salad</p> <p>Fruit</p> <p>Water</p>	<p>BBQ! Hamburger Hot Dog Veggie burger Potato salad Tossed Salad</p> <p>Sunbutter &amp; Jelly sandwiches</p> <p>Watermelon Chips</p> <p>Water</p>	<p>Grilled Cheese Grilled Ham &amp; Cheese Plain Pasta Pasta with marinara</p> <p>Sunbutter &amp; Jelly sandwiches</p> <p>Salad</p> <p>Fruit</p> <p>Water</p>	<p>Cheese Pizza Pepperoni Pizza Plain pasta Pasta with marinara</p> <p>Sunbutter &amp; Jelly sandwiches</p> <p>Salad</p> <p>Fruit</p> <p>Water</p>
<p>Morning Snack: Cinnamon Goldfish</p>	<p>Morning Snack: Pretzel Goldfish</p>	<p>Morning Snack: Cheddar Goldfish</p>	<p>Morning Snack: Nutri-grain Bars</p>	<p>Morning Snack: Rice Krispy Treats</p>

If your child has any dietary restrictions or allergies, please be in touch with us before the start of camp at [info@stmarkssummer.org](mailto:info@stmarkssummer.org).