

JUNE | 2022

VERTICAL EXTREME LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	31	1	2	3
6 POPCORN CHICKEN WG BREADED, OVEN BAKED CHICKEN PIECES MASHED POTATOES CHICKEN GRAVY MANDARIN ORANGE SEGMENTS WG ROLL BBQ SAUCE / KETCHUP	7 TACO TUESDAY PORK TACO MEAT INSIDE A WG FLOUR TORTILLA WITH SHRED. CHEDDAR CHEESE CORN & BLACK BEANS CRUSHED PINEAPPLE SPANISH RICE L.F. SOUR CREAM / SALSA	8 BAKED RAVIOLI MEAT FILLED RAVIOLI IN MEAT SAUCE MIXED GREEN LETTUCE SALAD WITH L.F. RANCH DRESSING RED SEEDLESS GRAPES WG BREADSTICK	9 GRILLED CHEESE SANDWICH SLICED AMERICAN CHEESE ON TOASTED WG BREAD SLICED COOKED CARROTS APPLESAUCE TEDDY GRAHAMS	10 SAUSAGE OR CHEESE PIZZA TURKEY SAUSAGE OR CHEESE WG PIZZA GREEN BEANS MIXED FRESH CUT UP FRUIT WG GOLDFISH CRACKERS
13 CHICKEN NUGGETS WG BREADED, OVEN BAKED CHICKEN CHUNKS FRENCH FRIES MIXED TROPICAL FRUIT WG ROLL BBQ SAUCE / KETCHUP	14 HOT DOG ALL MEAT HOT DOG IN A WG HOT DOG BUN BAKED SWEET POTATOES RED DELICIOUS SLICED APPLE PRETZELS KETCHUP / MUSTARD PICKLE RELISH	15 BAKED MAC 'N CHEESE WG ELBOW MACARONI BAKED IN A CHEDDAR CHEESE SAUCE SLICED COOKED CARROTS MIXED CUT UP MELONS GIANT GOLDFISH GRAHAM CRACKER	16 SWEET & SAVORY MEATBALLS ALL BEEF MEATBALLS IN A SWEET & SAVORY SAUCE SERVED OVER BROWN RICE STEAMED BROCCOLI PINEAPPLE TIDBITS	17 TURKEY BURGER 100% TURKEY PATTY ON A WG HONEY WHEAT BUN BAKED BEANS BANANA WG CEREAL & SNACK MIX
20 WALKING TACO CHILI WITH BEEF AND BEANS INSIDE OF A BAG OF FRITOS AND TOPPED WITH SHREDDED CHEDDAR CHEESE CORN DICED PEARS	21 FISH STICKS WG BREADED, OVEN BAKED FISH STICKS GREEN BEANS MANDARIN ORANGE SEGMENTS WG ROLL KETCHUP	22 TURKEY SUB SLICED TURKEY BREST WITH PROVOLONE CHEESE ON A WG BUN MIXED RAW VEGGIES WITH L.F. RANCH DIP / ORANGE BAG OF L.F. DORITOS L.F. MAYO / MUSTARD	23 WG CHICKEN QUESADILLA REFRIED BEANS PINEAPPLE CHUNKS CORN TORTILLA CHIPS L.F. SOUR CREAM / SALSA	24 SMORGASBORD DAY
27 BAKED CAVATAPPI BAKED CAVATAPPI NOODLES WITH THREE KINDS OF CHEESE SAUCE GREEN BEANS DICED PEACHES	28 TOTALLY TACO TUESDAY WITH TOTALLY BEEF TACO WG SNACK BITES CORN PINEAPPLE TIDBITS CORN TORTILLA CHIPS L.F. SOUR CREAM / SALSA	29 PIZZA DAY! YOUR CHOICE OF CHEESE, PEPPERONI OR SAUSAGE WG PIZZA MIXED GREEN LETTUCE SALAD WITH L.F. RANCH DRESSING FRESH MIXED FRUIT 100% FROZEN FRUIT SLUSHIE	30 SACK LUNCH DAY! TURKEY HAM, BOLOGNA, SALAMI & SLICED AMERICAN CHEESE ON A WG BUN CARROT & CELERY STICKS L.F. RANCH DIP RED DELICIOUS APPLE WG ZOO ANIMAL CRACKERS MAYO / MUSTARD	1

WELCOME TO VERTICAL EXTREME!

LOW FAT WHITE AND CHOCOLATE MILK ARE SERVED DAILY, ALONG WITH WATER. ALL GRAINS SERVED ARE 51% WHOLE GRAIN. FRESH FRUIT IS SERVED AS MUCH AS POSSIBLE!

IF YOU'RE NEW THIS YEAR, WE'RE LOOKING FORWARD TO MEETING YOU AND WE'RE EXCITED TO WELCOME BACK OUR CAMPERS FROM LAST YEAR!

WE HOPE AND PRAY THAT YOU'LL HAVE A FANTASTIC AND **EXTREME** SUMMER!