



# KIDS CONNECTION JULY CAMP 2017

*the healthy choice™*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CANADA DAY!</b>	<b>4</b> Whole Wheat Pasta and Beef Meat Sauce Veggies & Dip Fresh Fruit	<b>5</b> Chicken Hot Dog Hot Mixed Veggies Whole Wheat Bun Fresh Fruit	<b>6</b> Chicken Fingers Lemon Brown Rice Veggies & Dip Fresh Fruit	<b>7 Picnic Lunch</b> (please select type of sandwich) Turkey <input type="checkbox"/> Cheese <input type="checkbox"/> Bologna <input type="checkbox"/> Roast Beef <input type="checkbox"/>
	REG   VEG   LRG	REG   VEG   LRG	REG   VEG   LRG	Picnic lunch includes: sandwich, baby carrots, fruit, juice box
<b>10</b> Meatball Sub Sandwich w/Honey Garlic Sauce Whole Wheat Bun Peas and Carrots Fresh Fruit	<b>11</b> Chicken Kafta with Spinach & Feta Cheese Spanish Brown Rice Veggies & Dip Fresh Fruit	<b>12</b> Beef Burger Whole Wheat Bun Hot Green Beans Fresh Fruit	<b>13</b> Whole Wheat Pasta w/Chicken Tomato Sauce Veggies & Dip Fresh Fruit	<b>14 Picnic Lunch</b> (please select type of sandwich) Turkey <input type="checkbox"/> Cheese <input type="checkbox"/> Bologna <input type="checkbox"/> Roast Beef <input type="checkbox"/>
REG   VEG   LRG	REG   VEG   LRG	REG   VEG   LRG	REG   VEG   LRG	Picnic lunch includes: sandwich, baby carrots, fruit, juice box
<b>17</b> Cheese Ravioli with Tomato Sauce Veggies & Dip Fresh Fruit	<b>18</b> Beef Burgers on a Whole Wheat Bun Vegetable Blend Fresh Fruit	<b>19</b> Chicken Meatballs in Tomato Sauce Whole Wheat Pasta Veggies & Dip Fresh Fruit	<b>20</b> Chicken Hot Dog Hot Mixed Veggies Whole Wheat Bun Fresh Fruit	<b>21 Picnic Lunch</b> (please select type of sandwich) Turkey <input type="checkbox"/> Cheese <input type="checkbox"/> Bologna <input type="checkbox"/> Roast Beef <input type="checkbox"/>
REG   LRG	REG   VEG   LRG	REG   VEG   LRG	REG   VEG   LRG	Picnic lunch includes: sandwich, cucumber slices, fruit, juice box
<b>24</b> Beef Meatballs w/ Gravy Brown Rice Veggies & Dip Fresh Fruit	<b>25</b> Cheese Ravioli with Tomato Sauce Veggies & Dip Fresh Fruit	<b>26</b> Chicken Strips Brown Rice Veggies & Dip Fresh Fruit	<b>27</b> <b>FDK:</b> Beef Tacos W.W. Soft Tortilla Corn Niblets, Lettuce Fresh Fruit	<b>28 FDK: Picnic Lunch</b> (please select type of sandwich) Turkey <input type="checkbox"/> Cheese <input type="checkbox"/> Bologna <input type="checkbox"/> Roast Beef <input type="checkbox"/>
REG   VEG   LRG	REG   LRG	REG   VEG   LRG	REG   VEG   LRG	Picnic lunch includes: sandwich, baby carrots, fruit, juice box
			<b>SA: Picnic Lunch</b> (please select type of sandwich) Turkey <input type="checkbox"/> Cheese <input type="checkbox"/> Bologna <input type="checkbox"/> Roast Beef <input type="checkbox"/>	<b>SA:</b> : Beef Tacos W.W. Soft Tortilla Corn Niblets, Lettuce Fresh Fruit
			Picnic lunch includes: sandwich, baby carrots, fruit, juice box	REG   VEG   LRG

Circle the option for every meal chosen

**Step 1:** Check your meal selection. **Step 2:** Circle: Regular/Vegetarian/Large Size **Step 3:** Please Print! Fill in the child's information

**First:** \_\_\_\_\_ **Last:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**FDK Camp Location: (Please Check):** Carnegie  Christ The King  Black Walnut  St. Monica

**SCHOOL AGE Camp Location: (Please Check):** Michaelle Jean  Black Walnut

**Step 4: Choice of Beverage with Meal: (Please Check):** 100% Apple Juice 250ml  OR White Milk 250ml

**Step 5:** Number of days x price per meal. \_\_\_\_\_ days x \$5.85/Regular Meal = \_\_\_\_\_ + \_\_\_\_\_ days x \$7.00/Large Meal = \_\_\_\_\_

**Total: \$** \_\_\_\_\_ . \_\_\_\_\_ Make cheques payable to: **Yummy Catering Services Inc.** \*Please inform us of any allergies\*

Please take a photocopy, write down, or cut this portion off! My child ordered on (circle date):

4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28