

PEGASUS CAMP 2021  
LUNCH MENU | JUNE 21<sup>st</sup> – JUNE 25<sup>th</sup>



*Every child deserves a healthy start.*

Our lunch menus are carefully selected to provide healthy variety, balance, and flavor. Our sauces and dressings are homemade and contain no high fructose corn syrup, preservatives, or additives. Our hamburger patties are 100% natural beef, and our chicken is fresh and natural. For our sandwiches, we proudly utilize locally produced artisanal breads.

Each meal is served as a package and includes packaged utensils, napkin, and condiments.  
All are individually packaged and labeled with student name and order.

Vegetarian    Gluten Free Options **GF**    Dairy Free Options **DF**    Vegan **V**

MONDAY | JUNE 21<sup>st</sup>

**"BLT" Sandwich** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**  
**Grilled Chicken Caesar Salad** Herb Croutons, Parmesan Dressing  
**Chicken Alfredo** Penne, Pea, Carrot, Parmesan Cream Sauce \* **VEG & GF** Available  
**Bacon Breakfast Burrito** Scrambled Egg, Potato, Cheese, Flour Tortilla  
*Snack: Apple, Miss Vickie's Sea Salt Chips*

TUESDAY | JUNE 22<sup>nd</sup>

**Sunflower Seed Butter & Jelly Sandwich** Whole Wheat Bread **DF V**  
**Greek Chicken Salad** Romaine, Tomato, Cucumber, Onion, Feta, Citronade Dressing **GF**  
**Two Cheese Enchiladas** Pinto Bean, Mexican Rice **VEG GF**  
**4 Piece Chicken Tenders** **DF**  
*Snack: Oranges, Popcorn*

WEDNESDAY | JUNE 23<sup>rd</sup>

**Ham & Cheddar Cheese Sliders (3)** Sweet Hawaiian Roll  
**Chinese Chicken Salad** Orange, Carrot, Wonton Strip, Orange-Sesame Dressing **DF**  
**Cheeseburger** Angus Beef, Cheddar Cheese, Whole Wheat Bun \***GF & DF** Available  
**Bean & Cheese Burrito** Refried Bean, Two Cheese, Mild Tomato Salsa, Whole Wheat Tortilla **VEG**  
*Snack: Mixed Fruit Cup, Whole Wheat Goldfish*

THURSDAY | JUNE 24<sup>th</sup>

**Oven Roasted Turkey Club Sandwich** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**  
**Cilantro-Lime Beef Salad** Field Greens, Romaine, Mozzarella, Corn, Tomato, Toasted Pumpkin Seed, Cilantro-Lime Vinaigrette **GF**  
**4 Piece Chicken Tenders** **DF**  
**Penne Bolognese** Baked Penne, Meat Sauce **DF** \* **Veg & GF** Available  
*Snack: Watermelon, Broccoli & Ranch*

FRIDAY | JUNE 25<sup>th</sup>

**Turkey & Cheddar Cheese Sliders (3)** Sweet Hawaiian Roll  
**Grilled Chicken Caesar Salad** Herb Croutons, Parmesan Dressing  
**Pepperoni Pizza Sandwich** Mozzarella, Cheddar Cheese, Tomato Sauce \***VEG Available**  
**Buttered Noodles & Chicken** \***GF Available**  
*Snack: Grapes, Annie's Bunny Grahams*



PEGASUS CAMP  
LUNCH MENU | JUNE 28<sup>th</sup>- JULY 2<sup>nd</sup>

MONDAY | JUNE 28<sup>th</sup>

**“BLT” Sandwich** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**  
**Grilled Chicken Caesar Salad** Herb Croutons, Parmesan Dressing  
**Chicken Alfredo** Penne, Pea, Carrot, Parmesan Cream Sauce \* **VEG & GF Available**  
**All Beef Hot Dog** Traditional Bun **DF \*GF Available**  
*Snack: Orange Slices, Miss Vickie’s Sea Salt Chips*

TUESDAY | JUNE 29<sup>th</sup>

**Sunflower Seed Butter & Jelly Sandwich** Whole Wheat Bread **DF V**  
**Greek Chicken Salad** Romaine, Tomato, Cucumber, Onion, Feta, Citronade Dressing **GF**  
**4 Piece Chicken Tenders** **DF**  
**BBQ Pulled Pork Sandwich** Whole Wheat Bun **DF \*GF Available**  
*Snack: Watermelon, Cheese Itz*

WEDNESDAY | JUNE 30<sup>th</sup>

**Ham & Cheddar Cheese Sliders (3)** Sweet Hawaiian Roll  
**Chinese Chicken Salad** Orange, Carrot, Wonton Strip, Orange-Sesame Dressing **DF**  
**Beef Fajita Bowl** Mexican Rice, Bean, Pepper, Onion **GF DF**  
**Mac & Cheese** Macaroni, House Made Cheese Sauce **VEG**  
*Snack: Mixed Fruit Cup, Popcorn*

THURSDAY | JULY 1<sup>st</sup>

**Oven Roasted Turkey Club Sandwich** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**  
**Cilantro-Lime Beef Salad** Field Greens, Romaine, Mozzarella, Corn, Tomato, Toasted Pumpkin Seed, Cilantro-Lime Vinaigrette **GF**  
**Pepperoni Pizza Sandwich** Mozzarella, Cheddar Cheese, Tomato Sauce \***VEG Available**  
**4 Piece Chicken Tenders** **DF**  
*Snack: Watermelon, Hummus & Stacey’s Pita Chips*

FRIDAY | JULY 2<sup>nd</sup>

**Turkey & Cheddar Cheese Sliders (3)** Sweet Hawaiian Roll  
**Grilled Chicken Caesar Salad** Herb Croutons, Parmesan Dressing  
**Buttered Noodles & Chicken** \***VEG & GF Available**  
**Breakfast Burrito** Scrambled Egg, Bacon, Potato, Cheddar Cheese, Flour Tortilla **VEG**  
*Snack: Grapes, Whole Wheat Goldfish*



PEGASUS CAMP  
LUNCH MENU | JULY 5<sup>th</sup>- 9<sup>th</sup>

MONDAY | JULY 5<sup>th</sup>

**Chicken Tender Wrap** Lettuce, Tomato, Ranch, Whole Wheat  
**Grilled Chicken Caesar Salad** Herb Croutons, Parmesan Dressing  
**BRC Burrito** Pinto Bean, Spanish Rice, Cheddar Cheese, Mild Salsa, Flour Tortilla **VEG**  
**Buttered Noodles & Chicken** \***GF Available**  
*Snack: Oranges, Cheese Itz*

TUESDAY | JULY 6<sup>th</sup>

**Ham & Cheddar Cheese Sliders (3)** Sweet Hawaiian Roll  
**Greek Chicken Salad** Romaine, Tomato, Cucumber, Onion, Feta, Citronade Dressing **GF**  
**4 Piece Chicken Tenders** **DF**  
**Penne Bolognese** Meat Sauce **DF** \* **Veg & GF Available**  
*Snack: Pineapple, Popcorn*

WEDNESDAY | JULY 7<sup>th</sup>

**Oven Roasted Turkey Club Sandwich** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**  
**Chinese Chicken Salad** Orange, Carrot, Wonton Strip, Orange-Sesame Dressing **DF**  
**Beef Fajita Bowl** Mexican Rice, Bean, Pepper, Onion **GF DF**  
**Mac & Cheese** Macaroni, House Made Cheese Sauce **VEG**  
*Snack: Mixed Fruit Cup, Whole Wheat Goldfish*

THURSDAY | JULY 8<sup>th</sup>

**Turkey & Cheddar Cheese Sliders (3)** Sweet Hawaiian Roll  
**Cilantro-Lime Beef Salad** Field Greens, Romaine, Mozzarella, Corn, Tomato, Toasted Pumpkin Seed, Cilantro-Lime Vinaigrette **GF**  
**4 Piece Chicken Tenders** **DF**  
**Penne Bolognese** Baked Penne, Meat Sauce **DF** \* **Veg & GF Available**  
*Snack: Watermelon, Carrot, Celery Sticks, Ranch Dressing*

FRIDAY | JULY 9<sup>th</sup>

**Sunflower Seed Butter & Jelly Sandwich** Whole Wheat Bread **DF V**  
**Grilled Chicken Caesar Salad** Herb Croutons, Parmesan Dressing  
**Two Cheese Enchiladas** Pinto Bean, Mexican Rice **VEG GF**  
**Pepperoni Pizza Sandwich** Mozzarella, Cheddar Cheese, Tomato Sauce \***VEG Available**  
*Snack: Grapes, Annie's Bunny Grahams*

PEGASUS CAMP  
LUNCH MENU | JULY 12<sup>th</sup> -16<sup>th</sup>



MONDAY | JULY 12<sup>th</sup>

**“BLT” Sandwich** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**  
**Grilled Chicken Caesar Salad** Herb Croutons, Parmesan Dressing  
**Grilled Chicken Sandwich** Bacon, Cheese, Whole Wheat Bun *\*GF Available*  
**Bacon Breakfast Burrito** Scrambled Egg, Potato, Cheese, Flour Tortilla  
*Snack: Apple, Miss Vickie’s Sea Salt Chips*

TUESDAY | JULY 13<sup>th</sup>

**Sunflower Seed Butter & Jelly Sandwich** Whole Wheat Bread **DF V**  
**Greek Chicken Salad** Romaine, Tomato, Cucumber, Onion, Feta, Citronade Dressing **GF**  
**Two Cheese Enchiladas** Pinto Bean, Mexican Rice **VEG GF**  
**4 Piece Chicken Tenders** **DF**  
*Snack: Banana, Whole Wheat Goldfish*

WEDNESDAY | JULY 14<sup>th</sup>

**Ham & Cheddar Cheese Sliders (3)** Sweet Hawaiian Roll  
**Chinese Chicken Salad** Orange, Carrot, Wonton Strip, Orange-Sesame Dressing **DF**  
**BBQ Pulled Pork Sandwich** Whole Wheat Bun **DF \*GF Available**  
**Buttered Noodles & Chicken** *\*GF Available*  
*Snack: Orange Slices, Popcorn*

THURSDAY | JULY 15<sup>th</sup>

**Oven Roasted Turkey Club Sandwich** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**  
**Cilantro-Lime Beef Salad** Field Greens, Romaine, Mozzarella, Corn, Tomato, Toasted Pumpkin Seed, Cilantro-Lime Vinaigrette **GF**  
**Cheeseburger** Angus Beef, Cheddar Cheese, Whole Wheat Bun *\*GF & DF Available*  
**Penne Bolognese** Baked Penne, Meat Sauce **DF \* Veg & GF Available**  
*Snack: Watermelon, Cucumbers and Jicama*

FRIDAY | JULY 16<sup>th</sup>

**Turkey & Cheddar Cheese Sliders (3)** Sweet Hawaiian Roll  
**Grilled Chicken Caesar Salad** Herb Croutons, Parmesan Dressing  
**Pepperoni Pizza Sandwich** Mozzarella, Cheddar Cheese, Tomato Sauce *\*VEG Available*  
**Bean & Cheese Burrito** Refried Bean, Two Cheese, Mild Tomato Salsa, Whole Wheat Tortilla **VEG**  
*Snack: Grapes, Annie’s Bunny Grahams*

PEGASUS CAMP  
LUNCH MENU | JULY 19<sup>th</sup>- 23<sup>rd</sup>



MONDAY | JULY 19<sup>th</sup>

**"BLT" Sandwich** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**  
**Grilled Chicken Caesar Salad** Herb Croutons, Parmesan Dressing  
**Buttered Noodles & Chicken** \***GF Available**  
**Bacon Breakfast Burrito** Scrambled Egg, Potato, Cheese, Flour Tortilla  
*Snack: Cantaloupe, Miss Vickie's Sea Salt Chips*

TUESDAY | JULY 20<sup>th</sup>

**Sunflower Seed Butter & Jelly Sandwich** Whole Wheat Bread **DF V**  
**Greek Chicken Salad** Romaine, Tomato, Cucumber, Onion, Feta, Citronade Dressing **GF**  
**Two Cheese Enchiladas** Pinto Bean, Mexican Rice **VEG GF**  
**4 Piece Chicken Tenders** **DF**  
*Snack: Pineapple, Whole Wheat Goldfish*

WEDNESDAY | JULY 21<sup>st</sup>

**Ham & Cheddar Cheese Sliders (3)** Sweet Hawaiian Roll  
**Chinese Chicken Salad** Orange, Carrot, Wonton Strip, Orange-Sesame Dressing **DF**  
**Cheeseburger** Angus Beef, Cheddar Cheese, Whole Wheat Bun \***GF & DF Available**  
**Bean & Cheese Burrito** Refried Bean, Two Cheese, Mild Tomato Salsa, Whole Wheat Tortilla **VEG**  
*Snack: Mixed Fruit Cup, Popcorn*

THURSDAY | JULY 22<sup>nd</sup>

**Oven Roasted Turkey Club Sandwich** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**  
**Cilantro-Lime Beef Salad** Field Greens, Romaine, Mozzarella, Corn, Tomato, Toasted Pumpkin Seed, Cilantro-Lime Vinaigrette **GF**  
**4 Piece Chicken Tenders** **DF**  
**Beef Fajita Bowl** Mexican Rice, Bean, Pepper, Onion **GF DF** \***VEG Available**  
*Snack: Watermelon, Hummus & Stacey's Pita Chips*

FRIDAY | JULY 23<sup>rd</sup>

**Turkey & Cheddar Cheese Sliders (3)** Sweet Hawaiian Roll  
**Grilled Chicken Caesar Salad** Herb Croutons, Parmesan Dressing  
**Pepperoni Pizza Sandwich** Mozzarella, Cheddar Cheese, Tomato Sauce \***VEG Available**  
**Buttered Noodles & Chicken** \***GF Available**  
*Snack: Grapes, Annie's Bunny Grahams*

PEGASUS CAMP  
LUNCH MENU | JULY 26<sup>th</sup>-30<sup>th</sup>



MONDAY | JULY 26<sup>th</sup>

**“BLT” Sandwich** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**

**Grilled Chicken Caesar Salad** Herb Croutons, Parmesan Dressing

**BRC Burrito** Pinto Bean, Spanish Rice, Cheddar Cheese, Mild Salsa, Whole Wheat Tortilla **VEG**

**Buttered Noodles & Chicken** \***GF Available**

*Snack: Apple, Cheese Itz*

TUESDAY | JULY 27<sup>th</sup>

**Ham & Cheddar Cheese Sliders (3)** Sweet Hawaiian Roll

**Greek Chicken Salad** Romaine, Tomato, Cucumber, Onion, Feta, Citronade Dressing **GF**

**4 Piece Chicken Tenders** **DF**

**BBQ Pulled Pork Sandwich** Whole Wheat Bun \***GF Available**

*Snack: Honeydew, Miss Vickie’s Sea Salt Chips*

WEDNESDAY | JULY 28<sup>th</sup>

**Oven Roasted Turkey Club Sandwich** Bacon, Lettuce, Tomato, Whole Wheat Bread **DF**

**Chinese Chicken Salad** Orange, Carrot, Wonton Strip, Orange-Sesame Dressing **DF**

**Beef Fajita Bowl** Mexican Rice, Bean, Pepper, Onion **GF DF**

**Mac & Cheese** Macaroni, House Made Cheese Sauce **VEG**

*Snack: Mixed Fruit Cup, Popcorn*

THURSDAY | JULY 29<sup>th</sup>

**Turkey & Cheddar Cheese Sliders (3)** Sweet Hawaiian Roll

**Cilantro-Lime Beef Salad** Field Greens, Romaine, Mozzarella, Corn, Tomato, Toasted Pumpkin Seed,

Cilantro-Lime Vinaigrette **GF**

**4 Piece Chicken Tenders** **DF**

**Two Cheese Enchiladas** Pinto Bean, Mexican Rice **VEG GF**

*Snack: Watermelon, Whole Wheat Goldfish*

FRIDAY | JULY 30<sup>th</sup>

**Sunflower Seed Butter & Jelly Sandwich** Whole Wheat Bread **DF V**

**Grilled Chicken Caesar Salad** Herb Croutons, Parmesan Dressing

**Cheeseburger** Angus Beef, Cheddar Cheese, Whole Wheat Bun \***GF & DF Available**

**Pepperoni Pizza Sandwich** Mozzarella, Cheddar Cheese, Tomato Sauce \***VEG Available**

*Snack: Grapes, Annie’s Bunny Grahams*