



MetroWest Exploration Camp



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	 Baked Ziti JUNE 24	 Cheese Quesadilla 25	 Chicken Salad & Potato Pierogi 26	 Chicken Tenders 27	 Bagels 28
WEEK 2	 French Toast JULY 1	 Tortellini 2	 BBQ 3	Happy July 4th! No Camp 4	 Pizza Bagels @ CDR 5
WEEK 3	 Mac & Cheese 8	 Waffles 9	 Tortellini 10	 Sandwich & Chicken Soup 11	 Bring Lunch 12
WEEK 4	 Lasagna 15	 Pizza 16	 Cheese Quesadilla 17	 Chicken Patty & Knish 18	 Pancakes 19



LUNCH MENU

June/July 2019 • Session 1



MetroWest Exploration Camp



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 5	 Baked Ziti 22	 Cheese Quesadilla 23	 Chicken Salad & Potato Pierogi 24	 Chicken Tenders 25	 Bring Lunch 26
WEEK 6	 French Toast 29	 Tortellini 30	 BBQ 31	 Chicken Nuggets 1 AUG	 Baked Ziti 2
WEEK 7	 Mac & Cheese 5	 Waffles 6	 Tortellini 7	 Sandwich & Chicken Soup 8	 Bring Lunch 9
WEEK 8	 Lasagna 12	 Pizza 13	 Cheese Quesadilla 14	 Chicken Patty & Knish 15	 Pancakes 16



LUNCH MENU July/August 2019 • Session 2