



Athenian  
Summer  
Programs

# SUMMER 2023 MEALS

## Breakfast Club at Athenian Summer Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Breakfast</b></p> <p>Fruit, Yogurt Granola Parfait, 2% Milk, Fat Free Chocolate Milk</p> <p>Chocolate Chip Pancakes, Bacon, Maple Syrup</p>	<p><b>Breakfast</b></p> <p>Fruit, Yogurt Granola Parfait, 2% Milk, Fat Free Chocolate Milk</p> <p>English Muffin, Egg, Sausage, and Cheese Sandwich with Tater Tots</p>	<p><b>Breakfast</b></p> <p>Fruit, Yogurt Granola Parfait, 2% Milk, Fat Free Chocolate Milk</p> <p>Turkey Sausage Breakfast Burrito</p>	<p><b>Breakfast</b></p> <p>Fruit, Yogurt Granola Parfait, 2% Milk, Fat Free Chocolate Milk</p> <p>Bacon, Egg and Cheese Croissant Sandwich</p>	<p><b>Breakfast</b></p> <p>Fruit, Yogurt Granola Parfait, 2% Milk, Fat Free Chocolate Milk</p> <p>Waffle, Strawberries, House Made Whipped Cream, and Maple Syrup</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Breakfast</b></p> <p>Fruit, Yogurt Granola Parfait, 2% Milk, Fat Free Chocolate Milk</p> <p>Sourdough Toast Sandwich with Egg, Cheese and Bacon</p>	<p><b>Breakfast</b></p> <p>Fruit, Yogurt Granola Parfait, 2% Milk, Fat Free Chocolate Milk</p> <p>Scrambled Egg, Cheese, Chicken Apple Sausage and Hashbrowns</p>	<p><b>Breakfast</b></p> <p>Fruit, Yogurt Granola Parfait, 2% Milk, Fat Free Chocolate Milk</p> <p>Waffle, Banana, House Made Whipped Cream, and Maple Syrup</p>	<p><b>Breakfast</b></p> <p>Fruit, Yogurt Granola Parfait, 2% Milk, Fat Free Chocolate Milk</p> <p>Blueberry Pancakes with Sausage Patty and Maple Syrup</p>	<p><b>Breakfast</b></p> <p>Fruit, Yogurt Granola Parfait, 2% Milk, Fat Free Chocolate Milk</p> <p>English Muffin, Egg, and Cheese Sandwich with Tater Tots</p>

## Lunch at Athenian Summer Programs

We work with the Epicurean Group to provide healthy, fresh foods for all of our students throughout the year and in the summer (cost for lunch and snack included in camp fees). Our talented kitchen staff are very adept at accommodating children's dietary needs, including vegan, gluten-free, dairy free—so please be sure to inform the Athenian Summer Team about your child's food restrictions. Please also note that during the summer Athenian is a nut-free campus.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Kitchen Table</b></p> <p>Bacon Mac and Cheese with Roasted Bernard Farms Broccoli <i>Contains Dairy and Gluten</i></p> <p>Mac and Cheese with Roasted Bernard Farms Broccoli <i>Contains Dairy and Gluten</i></p>	<p><b>Kitchen Table</b></p> <p>Free Range Chicken Teriyaki Rice Bowl with Organic Carrots <i>Gluten and Dairy Free</i></p> <p>Wo Chong Tofu Stir-Fry Rice Bowl with Organic Carrots <i>Gluten and Dairy Free</i></p>	<p><b>Stone Hearth Oven</b></p> <p>Pepperoni Pizza, Side Caesar Salad <i>Contains Gluten and Dairy</i></p> <p>Cheese Pizza, Side Caesar Salad <i>Contains Gluten and Dairy</i></p>	<p><b>Platillos Latinos</b></p> <p>Free Range Chicken Quesadillas with Spanish Rice and Black Beans, Organic Summer Vegetable Medley <i>Contain Dairy and Gluten</i></p> <p>Jack and Cheddar Corn Tortillas Quesadillas Spanish Rice and Black Beans and Organic Spring Vegetable Medley <i>Gluten Free, Contains Dairy</i></p>	<p><b>American BBQ Series</b></p> <p>All Beef Hot Dogs with Kettle Chips, Carrot and Celery Sticks with House Made Ranch <i>Contains Gluten, Dairy Free</i></p> <p>Meatless Veggie Dogs with Kettle Chips, Carrot and Celery Sticks with House Made Ranch <i>Contains Gluten, Dairy Free</i></p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Global Adventure</b></p> <p>Free Range Chicken Chow Mein with Steamed Baby Bok Choy <i>Contains Gluten, Dairy Free</i></p> <p>Vegetable and Crispy Wo Chung Tofu Chow Mein with Steamed Baby Bok Choy <i>Contains Gluten, Dairy Free</i></p>	<p><b>Platillos Latinos</b></p> <p>Grass Fed Beef and Cheese Burritos, Spanish Rice, and Organic Pinto Beans <i>Contains Dairy and Gluten</i></p> <p>Vegetarian Bean and Cheese Burritos, Spanish Rice, and Organic Pinto Beans <i>Contains Gluten and Dairy</i></p>	<p><b>Market Grill</b></p> <p>Pepperoni Pizza. Side Caesar Salad <i>Contains Gluten and Dairy</i></p> <p>Cheese Pizza, Side Caesar Salad <i>Contains Gluten and Dairy</i></p>	<p><b>Global Adventures</b></p> <p>Beef and Broccoli Rice Bowl <i>Dairy and Gluten Free</i></p> <p>Wo Chung Tofu and Organic Vegetable Rice Bowl <i>Dairy and Gluten Free</i></p>	<p><b>American BBQ Series</b></p> <p>Grass Fed Hamburger, Oven Baked JoJo Potatoes, Carrot, and Celery Sticks with House Made Ranch <i>Contains Dairy and Gluten</i></p> <p>Vegetarian Black Bean Sliders, Oven Baked Jojo Potatoes, Carrot and Celery Sticks with House Made Ranch <i>Contains Dairy and Gluten</i></p>