



Summer 219 Menu - At a Glance



We are thrilled to bring your camper lunches this summer! All of our lunches are a fun twist on healthy, local & delicious!

*We are a "scratch style kitchen" cooking and baking everything in-house.
We use only whole wheat flour and pastas, our dairy and meats are nitrate free
and dairy & produce is local and/or organic.*

Small (Elementary) - \$7.00
Large (Mid/High School / Adult) - \$9.00

Wheat-Free Dairy-Free Vegetarian

Allergies: We do work in a shared kitchen space, but use no peanuts or tree nuts in our lunches. Please leave a note at check out with any food allergy information or email us if you have any questions on our procedures or specific ingredients.

Substitutions: Yes! We make lots of changes (because we get it!), just leave us a note at check out.

Served All Summer!

Monday & Tuesday

Pasta Mix Up

Local WW Pasta, tossed with Organic Peas and Chicken

Served With: *Watermelon chunks & blueberries
Local Greens, Cherry Tomatoes & Carrots w/House Balsamic
Chocolate Chip Bite - made with ww flour, organic butter and eggs*

Wednesday, Thursday & Friday

Turkey & Cheddar

Oven Roasted (nitrate free!) Sliced Turkey with Cabot Cheddar on Iggy's Fresh-Baked WW Bread

SB&F

Sun Butter & Strawberry Fruit Spread on Iggy's Fresh WW Bread

Served With: *Strawberry Banana Smoothie - blend of organic strawberries, banana and apple juice
Cupful of Organic Cherry Tomatoes & Carrots
Chocolate Craisin Mix - mini-mix of dark chocolate bites, craisins and sunflower seeds.*

Lemon Hummus Dipper

House Creamy Lemon Hummus Bowl Served with Rice Crackers

Changes Every 2 Weeks

Weeks of:

Monday & Tuesday

Wednesday & Thursday

Fun Friday

June 24th & July 1st

WW Orzo w/Spring Veggies and Broccoli Pesto with Chicken

WW Caesar Wrap with Crispy Chicken, Romaine, & House Ranch

Crispy WW Baked Mac & Cheese Triangles

July 8th & July 15th

Veggie Sushi with Brown Rice, Carrots, Cucumbers and Crispy Tofu. With Ginger and Soy

WW Pizza Triangles with Melted Cheese, Local Tomatoes and Basil.

Crispy Vegan Nuggets - Served with Dairy Free Ranch

Served With: *Cupful of delicious watermelon chunks
Organic Cherry Tomatoes & Carrots
Slightly sweet, whole grain, wild blueberry muffin*

July 22nd & July 29th

Whole Grain pancakes, packed with Wild Blueberries. Served with Local Maple Syrup and Chicken Sausage

WW Tortilla grilled with Cabot Cheddar and Organic Chicken. Served with House Salsa

Crispy WW Baked Mac & Cheese Triangles

August 5th & August 12th

Cobb Salad - Organic Greens with Local Farm Egg, Red Peppers, Shredded Cheddar & House Avocado Dressing

WW Pizza Triangles with Melted Cheese, Local Tomatoes and Basil.

Crispy Vegan Nuggets - Served with Dairy Free Ranch

Served With: *Cupful of Local Cantalope and Blueberries
Organic Cherry Tomatoes & Carrots
House "Jello" Cups made with Organic Strawberries*

Registration

Sign up is by **Friday midnight** for the following week

www.RedAppleLunch.com

Please reach out with any questions contact@redapplelunch.com

