






MOUNT TOM DAY CAMP LUNCH MENU

FULL DAY NURSERY, KA & KB



If your child has a food allergy, you must speak to a camp director prior to the start of camp.

JULY 2010






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 WELCOME! Mount Tom Pizza tossed salad fresh fruit	29 Rigatoni with Marinara Sauce dinner roll mixed vegetables fresh fruit	30 Golden Chicken Nuggets mashed potatoes baby carrots sliced peaches	1  Dr. Seuss Day! Green Eggs and "Ham" biscuit warm apple slices	2 All American BBQ Hamburger on Bun corn niblets watermelon
5 Happy Independence Day Camp Closed 	6 Oven Baked Chicken Patty Sandwich baby carrots with dipping sauce	7 Say Cheese! Grilled Cheese Sandwich potato salad, pickles diced peaches	8 Luuu Day! Hawaiian Chicken Nuggets rice pineapple tidbits tossed salad 	9 All Beef Hot Dog corn applesauce
12 Pizza garden salad tomato wedges fresh fruit	13 Picnic Lunch Turkey Sandwich macaroni salad carrot sticks watermelon 	14 Baked Ziti tossed salad breadsticks mixed fruit cup	15 Meatball Wedge tossed salad pudding	16 Chicken Tenders on a Roll garden salad fresh fruit
19 Macaroni & Cheese dinner roll fresh crisp salad seasonal fruit	20 Golden Chicken Nuggets tater tots garden salad fresh fruit	21 Brunch for Lunch French Toast Sticks beef sausage orange "smiles"	22 Hamburger on Bun pickles baby carrots applesauce	23 Pizza tossed salad fresh fruit 



AUGUST 2010

Daily alternatives available:

sandwiches: turkey, ham, cheese, peanut butter & jelly
bagels with butter or cream cheese
assorted salad plates: tuna, chicken

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 WELCOME 2nd 4 Weekers! All Beef Hot Dog corn, baby carrots fresh fruit 	27 Chicken Nuggets tater tots cucumber "coins" applesauce	28 Rigatoni with Marinara Sauce dinner roll garden salad fresh fruit	29 Pizza tossed salad fresh fruit 	30 Pretzelstein! Macaroni & Cheese dinner roll fresh crisp salad seasonal fruit
2 Water Carnival! Chicken Tenders rice tossed salad pudding gold fish	3 Cake U! French Toast Sticks beef sausage warm apple slices mini muffin	4 Baked Ziti dinner roll tossed salad applesauce	5 Say Cheese! Grilled Cheese Sandwich potato salad pickle chips fruit cup	6 All Beef Hot Dog buttered corn baby carrots fresh fruit
9 Pizza tossed salad seasonal fruit 	10 Oven Baked Chicken Patty Sandwich macaroni salad pickle chips fresh fruit	11 Macaroni & Cheese dinner roll cooked carrots mixed fruit cup	12 Chicken Legs potato salad baby carrots with dipping sauce seasonal fruit 	13 Hamburger on Bun corn niblets watermelon
16 Grilled Cheese Sandwich pickle chips pudding	17 All Beef Hot Dog buttered corn fresh fruit	18 Chicken Nuggets fluffy white rice mixed vegetables applesauce	19 Hamburger on Bun cooked carrots diced pears 	20 Grand Finale! Mount Tom Pizza tossed salad mixed fruit cup