




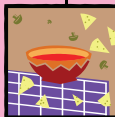

MOUNT TOM DAY CAMP LUNCH MENU

JUNIORS, INTERMEDIATES & SENIORS



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 garden salad fresh fruit	30 Golden Chicken Nuggets mashed potatoes baby carrots sliced peaches	1 Macaroni & Cheese dinner roll fresh crisp salad seasonal fruit 	2 All American BBQ Hamburger on Bun corn on the cob watermelon
5 Happy Independence Day Camp Closed 	6 Oven Baked Chicken Patty Sandwich cole slaw, carrots seasonal fruit	7 Say Cheese! Grilled Cheese Sandwich potato salad, pickles diced pears	8 Luuu Day! Hawaiian Chicken Nuggets rice pineapple tidbits tossed salad 	9 All Beef Hot Dog baked beans applesauce
12 Pizza garden salad tomato wedges fresh fruit	13 Nachos with Meat rice, salsa, lettuce and tomato warm apple slices 	14 Baked Ziti tossed salad breadsticks mixed fruit cup	15 Meatball Wedge 3-bean salad pudding	16 Chicken Tenders on a Roll with honey mustard 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 Nachos with Meat lettuce and tomato fluffy white rice warm apple slices	23 Pizza tossed Salad fresh fruit 



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

AUGUST 2010

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