

MOUNT TOM DAY CAMP LUNCH MENU





JUNIORS, INTERMEDIATES & SENIORS



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

- We serve:**
- food prepared fresh daily
 - low fat salad dressings
 - low sodium turkey
 - low fat ice cream treats (meet NYS guidelines)
 - trans fat free foods
 - hormone free milk

JULY 2011

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| 27 WELCOME! Mount Tom Pizza tossed salad seasonal fruit | 28 Rigatoni with Marinara Sauce dinner roll garden salad fresh fruit | 29 Golden Chicken Nuggets mashed potatoes baby carrots sliced peaches | 30 Macaroni & Cheese dinner roll fresh crisp salad seasonal fruit  | 1 All American BBQ Hamburger on Bun corn on the cob watermelon |
| 4 Happy Independence Day Camp Closed  | 5 Oven Baked Chicken Patty Sandwich cole slaw, carrots seasonal fruit | 6 Say Cheese! Grilled Cheese Sandwich potato salad, pickles diced pears | 7 Vegetable Lo Mein tossed salad mixed fruit cup | 8 All Beef Hot Dog baked beans applesauce |
| 11 Pizza garden salad tomato wedges fresh fruit | 12 Nachos with Meat rice, salsa, lettuce and tomato warm apple slices  | 13 Baked Ziti tossed salad breadsticks mixed fruit cup | 14 Meatball Wedge fresh cut vegetables dipping sauce pudding | 15 Chicken Tenders on a roll with honey mustard garden salad fresh fruit |
| 18 Macaroni & Cheese dinner roll fresh crisp salad seasonal fruit | 19 Brunch for Lunch French Toast Sticks beef sausage orange "smiles" | 20 International Day Grilled Chicken spanish rice corn & black bean salad sliced peaches | 21 Nachos with Meat lettuce and tomato fluffy white rice warm apple slices | 22 Pizza tossed Salad fresh fruit  |
| 25 WELCOME 2nd 4 Weekers! Meatball Wedge tossed salad diced pears | 26 Pirates Day! Golden Nuggets tater tots cucumber "coins" applesauce  | 27 Rigatoni with Marinara Sauce dinner roll garden salad fresh fruit | 28 Pizza tossed salad fresh fruit | 29 Vegetable Lo Mein tossed salad fresh banana |
| 1 Chicken Tenders on a Wedge with honey mustard macaroni salad baby carrots pudding | 2 Going Green! Grilled Chicken Caesar or Chef Salad dinner roll watermelon  | 3 Water Carnival Baked Ziti dinner roll tossed salad diced peaches gold fish | 4 Say Cheese! Grilled Cheese potato salad pickle chips fruit cup | 5 All Beef Hot Dog buttered corn fresh fruit |
| 8 Pizza tossed salad seasonal fruit | 9 Chicken Nuggets fluffy white rice mixed vegetables applesauce | 10 Sloppy Joe tater tots fresh cut vegetables dipping sauce mixed fruit cup | 11 Macaroni & Cheese dinner roll fresh crisp salad seasonal fruit  | 12 Hamburger on Bun potato salad pickles watermelon |
| 15 Oven Baked Chicken Patty Sandwich macaroni salad pickle chips fresh fruit | 16 Brunch for Lunch French Toast Sticks beef sausage warm apple slices | 17 Nachos with Meat rice, salsa, lettuce and tomato fresh fruit | 18 Golden Chicken Nuggets mashed potatoes baby carrots sliced peaches  | 19 Grand Finale! Mount Tom Pizza tossed salad mixed fruit cup |



AUGUST 2011

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

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

MOUNT TOM DAY CAMP LUNCH MENU

FULL DAY NURSERY & KINDERGARTEN



- We serve:**
- food prepared fresh daily
 - low fat salad dressings
 - low sodium turkey
 - low fat ice cream treats (meet NYS guidelines)
 - trans fat free foods
 - hormone free milk

JULY 2011



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

AUGUST 2011

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 27 WELCOME! Mount Tom Pizza tossed salad seasonal fruit | 28 Rigatoni with Marinara Sauce dinner roll mixed vegetables fresh fruit | 29 Golden Chicken Nuggets mashed potatoes baby carrots sliced peaches | 30 Dr. Seuss Day! Green Eggs and "Ham" biscuit warm apple slices | 1 All American BBQ Hamburger on Bun corn niblets watermelon |
| 4 Happy Independence Day Camp Closed | 5 Oven Baked Chicken Patty Sandwich baby carrots with dipping sauce seasonal fruit | 6 Say Cheese! Grilled Cheese Sandwich potato salad, pickles diced peaches | 7 Vegetable Lo Mein tossed salad mixed fruit cup | 8 All Beef Hot Dog corn applesauce |
| 11 Pizza garden salad tomato wedges fresh fruit | 12 Picnic Lunch Turkey Sandwich macaroni salad carrot sticks watermelon | 13 Baked Ziti tossed salad breadsticks mixed fruit cup | 14 Meatball Wedge fresh cut vegetables dipping sauce pudding | 15 Chicken Tenders on a Roll garden salad fresh fruit |
| 18 Macaroni & Cheese dinner roll fresh crisp salad seasonal fruit | 19 Brunch for Lunch French Toast Sticks beef sausage warm apple slices | 20 International Day Grilled Chicken spanish rice corn & black bean salad sliced peaches | 21 Hamburger on Bun pickles baby carrots applesauce | 22 Pizza tossed salad fresh fruit |
| 25 WELCOME 2nd 4 Weekers! All Beef Hot Dog corn, baby carrots fresh fruit | 26 Chicken Nuggets tater tots cucumber coins applesauce | 27 Rigatoni with Marinara Sauce dinner roll garden salad seasonal fruit | 28 Pizza tossed salad fresh fruit | 29 Vegetable Lo Mein Tossed salad fresh banana |
| 1 Water Carnival! Chicken Tenders rice, tossed salad pudding gold fish | 2 Going Green! Grilled Chicken Caesar or Chef Salad dinner roll watermelon | 3 Baked Ziti dinner roll tossed salad applesauce | 4 Say Cheese! Grilled Cheese Sandwich potato salad pickle chips fruit cup | 5 All Beef Hot Dog buttered corn baby carrots fresh fruit |
| 8 Pizza tossed salad seasonal fruit | 9 Chicken Nuggets fluffy white rice mixed vegetables applesauce | 10 Macaroni & Cheese dinner roll fresh cut vegetables dipping sauce mixed fruit cup | 11 Chicken Legs potato salad baby carrots with dipping sauce fresh fruit | 12 Hamburger on Bun corn niblets watermelon |
| 15 Oven Baked Chicken Patty Sandwich macaroni salad pickle chips fresh fruit | 16 Brunch for Lunch French Toast Sticks beef sausage orange "smiles" | 17 Hamburger on Bun corn on the cob diced pears | 18 Golden Chicken Nuggets mashed potatoes mixed vegetables sliced peaches | 19 Grand Finale! Mount Tom Pizza tossed salad mixed fruit cup |

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