



Daily options available:

Sandwiches: turkey, ham, cheese,
soy butter & jelly
Bagels with butter or cream cheese
Assorted salad plates: tuna, chicken
Yogurt
Fresh fruit

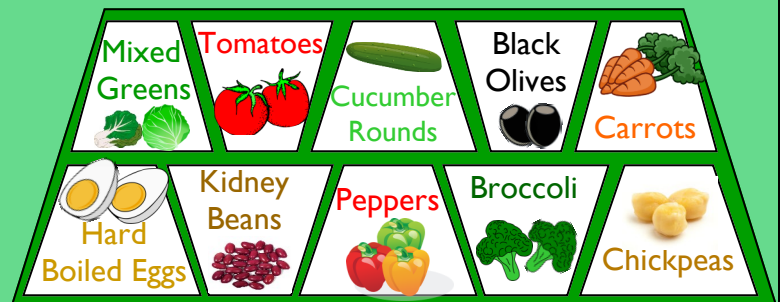
We serve:

- Food prepared fresh daily
- Low fat salad dressings
- Low sodium turkey
- Trans fat free foods
- Low fat ice cream treats

Morning Snacks: cheerios, pita chips,
applesauce, pretzels, graham crackers

Afternoon Snacks: ice cream & ices

Salad Bar



Some items may vary.

Rotating daily:



If your child has a food allergy, you must speak to a camp director prior to the start of camp.
We do not serve any products containing nuts.
Special gluten free and vegetarian diets available.

JULY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
6/26 WELCOME Mount Tom's Famous Pizza Fresh Cut Vegetables	27 Popcorn Chicken Green Beans Dinner Roll	28 Pasta Bar Marinara Sauce, Vegetables or Butter Dinner Rolls	29 Nachos with Meat Fluffy White Rice Salsa	30 Brunch for Lunch French Toast Sticks Hash Browns
7/3 BBQ Day Hamburgers, Cheeseburgers, Veggie Burgers Pickles Watermelon	4 Happy Independence Day! CAMP CLOSED	5 Mac & Cheese Grilled Vegetables Dinner Roll	6 Say Cheese! Grilled Cheese with Tomato Pickle Chips	7 Baked Chicken Nuggets Tater Tots
10 Mount Tom's Famous Pizza Fresh Cut Vegetables	11 Meatball Wedge Fresh Vegetables	12 Pasta Bar Marinara Sauce, Vegetables or Butter Italian Bread	13 Brunch for Lunch Pancake Bar Assorted Toppings	14 Baked Chicken Tenders on a Roll with Honey Mustard Sweet Corn
17 BBQ Day Hamburgers, Cheeseburgers, Veggie Burgers Pickles Watermelon	18 Orange Chicken Spanish Rice Mixed Vegetables	19 Baked Ziti Steamed Carrots Breadsticks	20 Popcorn Chicken Green Beans Dinner Roll	21 Mount Tom's Famous Pizza Fresh Cut Vegetables
24 Brunch for Lunch Waffle Bar Assorted Toppings	25 Sloppy Joe Tater Tots Watermelon	26 Pasta Bar Marinara Sauce, Vegetables or Butter Italian Bread	27 Meatballs Broccoli Florets with Dipping Sauce	28 Baked Chicken Fingers Corn Niblets
7/31 Nachos with Meat Fluffy White Rice Salsa	8/1 Mount Tom's Famous Pizza Fresh Cut Vegetables	2 Mac & Joe Grilled Vegetables Dinner Roll	3 Say Cheese! Grilled Cheese with Tomato Pickle Chips	4 Baked Chicken Nuggets Tater Tots
7 Cheese Quesadilla with Corn & Black Bean Salad	8 Baked Chicken Tenders Carrot Sticks with Dipping Sauce	9 Mac & Cheese Grilled Vegetables Dinner Roll	10 Brunch for Lunch French Toast Sticks Hash Browns	11 BBQ Day Hamburgers, Cheeseburgers, Veggie Burgers Pickles Watermelon
14 Nachos with Meat Fluffy White Rice Salsa	15 Chicken Patty Kaiser Roll String Beans	16 Pasta Bar Marinara Sauce, Vegetables or Butter Italian Bread	17 Popcorn Chicken Green Beans Dinner Roll	18 Mount Tom's Famous Pizza Fresh Cut Vegetables

AUGUST 2023

Salad Bar, Sandwiches, Bagels, Fruit and Yogurt Available Daily
See reverse side for additional options!