



Daily options available:

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

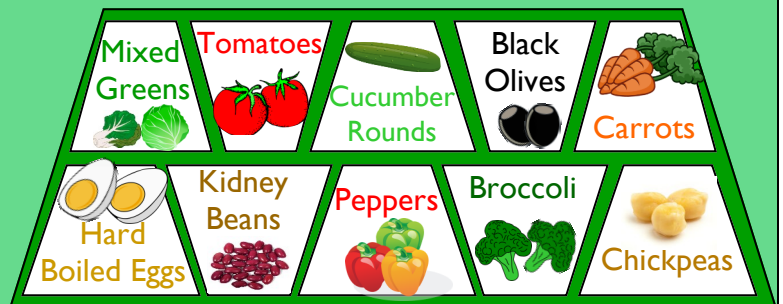
We serve:

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

Morning Snacks: fresh fruit, pita chips, pretzels, teddy grahams

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 2024

Monday	Tuesday	Wednesday	Thursday	Friday
7/1 WELCOME Mount Tom's Famous Pizza Fresh Cut Vegetables	2 Popcorn Chicken Green Beans Dinner Roll	3 Rigatoni with Marinara Sauce Steamed Carrots Breadsticks	4 Happy Independence Day! CAMP CLOSED	5 BBQ Day Hamburgers, Cheeseburgers, Veggie Burgers Pickles Watermelon
8 Brunch for Lunch French Toast Sticks Hash Browns	9 Nachos with Meat Fluffy White Rice Salsa	10 Penne with Meatballs Mixed Vegetables Italian Bread	11 Say Cheese! Grilled Cheese with Tomato Pickle Chips	12 Baked Chicken Nuggets Tater Tots
15 Mount Tom's Famous Pizza Fresh Cut Vegetables	16 Popcorn Chicken Green Beans Dinner Roll	17 Mac & Cheese Grilled Vegetables Dinner Roll	18 Meatball Wedge Fresh Vegetables	19 Baked Chicken Tenders on a Roll with Honey Mustard Sweet Corn
22 BBQ Day Hamburgers, Cheeseburgers, Veggie Burgers Pickles Watermelon	23 Chicken & Waffles Corn Niblets	24 Macaroni with Marinara Sauce Grilled Vegetables Italian Bread	25 Brunch for Lunch Pancake Bar Assorted Toppings	26 Mount Tom's Famous Pizza Fresh Cut Vegetables
29 Brunch for Lunch Waffle Bar Assorted Toppings	30 Sloppy Joe Tater Tots Watermelon	31 Baked Ziti Steamed Carrots Breadsticks	8/1 Meatballs Broccoli Florets with Dipping Sauce	2 Baked Chicken Fingers Corn Niblets
5 Nachos with Meat Fluffy White Rice Salsa	6 Mount Tom's Famous Pizza Fresh Cut Vegetables	7 Mac & Joe Green Beans Dinner Roll	8 Say Cheese! Grilled Cheese with Tomato Pickle Chips	9 Baked Chicken Nuggets Tater Tots
12 Brunch for Lunch French Toast Sticks Hash Browns	13 Baked Chicken Tenders Carrot Sticks with Dipping Sauce	14 Mac & Cheese Grilled Vegetables Dinner Roll	15 Chicken Fajita Yellow Rice Corn & Black Bean Salad	16 BBQ Day Hamburgers, Cheeseburgers, Veggie Burgers Pickles Watermelon
19 Nachos with Meat Fluffy White Rice Salsa	20 Chicken Patty Kaiser Roll String Beans	21 Penne Primavera Fresh Vegetables Italian Bread	22 Popcorn Chicken Green Beans Dinner Roll	23 Mount Tom's Famous Pizza Fresh Cut Vegetables

AUGUST 2024

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