



Lunch Menu 2025

Daily options available:

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

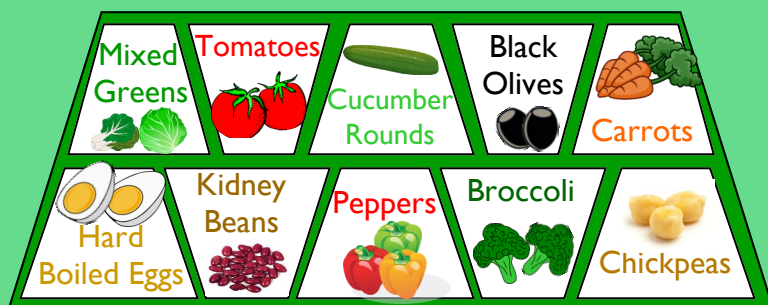
We serve:

- 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 2025

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

AUGUST 2025

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