



**Daily options available:**

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

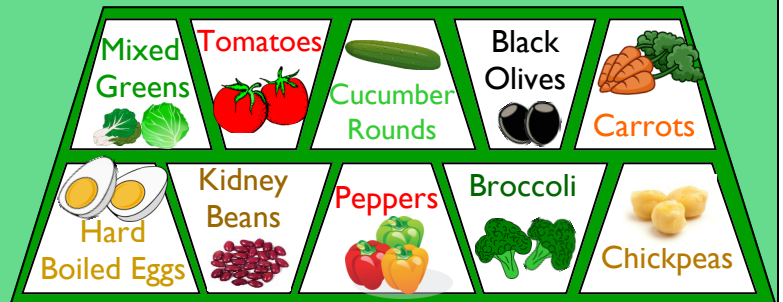
**We serve:**

- 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 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>6/29</b> <b>WELCOME</b> Mount Tom's Famous Pizza Fresh Cut Vegetables	<b>6/30</b> Popcorn Chicken Green Beans Dinner Roll	<b>1</b> Rigatoni with Marinara Sauce Steamed Carrots Breadsticks	<b>2</b> <b>BBQ Day</b> Hamburgers Cheeseburgers Veggie Burgers Pickles Watermelon	<b>3</b> <b>Happy Independence Day!</b> <b>CAMP CLOSED</b>
<b>6</b> Pizza Bagel Fresh Cut Vegetables	<b>7</b> Nachos with Meat Fluffy White Rice Salsa	<b>8</b> Penne with Meatballs Mixed Vegetables Italian Bread	<b>9</b> <b>Say Cheese!</b> Grilled Cheese with Tomato Pickle Chips	<b>10</b> Baked Chicken Nuggets Tater Tots
<b>13</b> Mount Tom's Famous Pizza Fresh Cut Vegetables	<b>14</b> Meatball Wedge Fresh Vegetables	<b>15</b> Mac & Cheese Grilled Vegetables Dinner Roll	<b>16</b> <b>Brunch for Lunch</b> French Toast Sticks Hash Browns	<b>17</b> Baked Chicken Tenders Sweet Corn
<b>20</b> Pizza Wheels Fresh Cut Vegetables	<b>21</b> Nachos with Meat Fluffy White Rice Salsa	<b>22</b> Beefaroni Green Beans Dinner Roll	<b>23</b> <b>Brunch for Lunch</b> Pancake Bar Assorted Toppings	<b>24</b> Chicken Sliders Green Beans Dinner Roll
<b>27</b> Mount Tom's Famous Pizza Fresh Cut Vegetables	<b>28</b> <b>BBQ Day</b> Hamburgers Cheeseburgers Veggie Burgers Watermelon	<b>29</b> Macaroni with Marinara Sauce Grilled Vegetables Italian Bread	<b>30</b> <b>Brunch for Lunch</b> Egg McMuffin Sausage Patty Hash Browns	<b>31</b> Baked Chicken Fingers Corn Niblets
<b>8/3</b> Pizza Bites Fresh Cut Vegetables	<b>4</b> Nachos with Meat Fluffy White Rice Salsa	<b>5</b> Baked Ziti Steamed Carrots Breadsticks	<b>6</b> <b>Say Cheese!</b> Grilled Cheese with Tomato Pickle Chips	<b>7</b> Popcorn Chicken Tater Tots Green Beans
<b>10</b> Mount Tom's Famous Pizza Fresh Cut Vegetables	<b>11</b> Meatballs Brocoli Florets With Dipping Sauce	<b>12</b> Mac & Cheese Grilled Vegetables Dinner Roll	<b>13</b> <b>Brunch for Lunch</b> French Toast Bites Hash Browns	<b>14</b> Chicken & Waffles Sweet Corn
<b>17</b> Pizza Bagel Fresh Cut Vegetables	<b>18</b> <b>BBQ Day</b> Hamburgers Cheeseburgers Veggie Burgers Watermelon	<b>19</b> Penne Primavera Fresh Vegetables Italian Bread	<b>20</b> <b>Brunch for Lunch</b> Waffle Bar Assorted Toppings	<b>21</b> Baked Chicken Nuggets Tater Tots

AUGUST 2026

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