



Sample Camp Menu

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
1 & 5	Pizza French Fries 	Baked Chicken Tenders Whole Wheat Pasta Bar	Cheese Quesadillas Baked & Sweet Potato Bar	Sliders & Kosher Hot Dogs  Whole Wheat Pasta Bar	Mac n' Cheese Baked & Sweet Potato Bar
2 & 6	Grilled Cheese Baked & Sweet Potato Bar	Chicken & Beef Tacos  Whole Wheat Pasta Bar	Egg & Cheese Sandwiches Hash Browns	Pizza  Baked & Sweet Potato Bar	Sliders & Kosher Hot Dogs Whole Wheat Pasta Bar
3 & 7	Pizza  Baked & Sweet Potato Bar	Baked Chicken Tenders Whole Wheat Pasta Bar	French Toast Sticks Home Fries	Sliders & Kosher Hot Dogs Whole Wheat Pasta Bar	Cheese Quesadillas  Baked & Sweet Potato Bar
4 & 8	Pizza Baked & Sweet Potato Bar	Sliders & Kosher Hot Dogs  Whole Wheat Pasta Bar	Mac n' Cheese Baked & Sweet Potato Bar	Baked Ziti  Garlic Bread Dinner Rolls	Baked Chicken Tenders Whole Wheat Pasta Bar

The following are served daily...

Deli Counter: (All bread and bagels are whole wheat) Kosher Salami • Turkey • Sunflower & Jelly • American Cheese • Cream Cheese • Butter

Fresh Cut Fruit
Flavored Yogurt

Salad Bar: Romaine Lettuce • Tomatoes • Cucumbers • Chick Peas • Carrots • Edamame • Croutons • Shredded Cheese • Black Olives • Raisins • Hard Boiled Eggs • Dressing