

weeks 1 & 5

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..... Pizza or White Pizza w Broccoli / Fresh Cut Fruit

..... Grilled Chicken Sandwich w BBQ Sauce / Baked Potato Wedges / Cookies

..... Baked Ziti w Italian or Garlic Bread / Broccoli / Fresh Cut Fruit

..... Tacos w Cheese, Shredded Lettuce, Tomato & Salsa / Cookies

..... BBQ Day - Kosher Hot Dogs / Hamburgers / Cheeseburgers / Grilled Chicken Veggie Burgers / Grilled Cheese / Cole Slaw or Pasta Salad / Chips / Watermelon

weeks 2 & 6

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..... **WEEK 2:** July 4th Camp Closed

..... **WEEK 6:** Meatball Hero / Green Beans / Cookies

..... Grilled Chicken Sandwich w Roasted Tomato & Spinach / Baked Sweet Potato Wedges / Fresh Cut Fruit

..... Pizza or White Pizza w Broccoli / Fresh Cut Fruit

..... Macaroni & Cheese / Broccoli / Fresh Cut Fruit

..... BBQ Day (See WEEK 5 for Description)

weeks 3 & 7

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..... Baked Ziti w Italian or Garlic Bread / Broccoli / Fresh Cut Fruit

..... Baked Chicken Fingers / Corn Niblets / Cookies

..... Pizza or White Pizza w Broccoli / Fresh Cut Fruit

..... Breakfast at Lunch - Pancakes w Syrup / Egg & Cheese on Wheat Bagel / Cookies

..... BBQ Day (See WEEK 5 for Description)

weeks 4 & 8

M

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..... Grilled Chicken Sandwich w Wing Sauce / Baked Sweet Potato Wedges / Fresh Cut Fruit

..... Pizza or White Pizza w Broccoli / Cookies

..... Chicken & Cheese Quesadilla or Cheese Quesadilla / Baked Sweet Potato Wedges / Fresh Cut Fruit

..... Macaroni & Cheese / Broccoli / Cookies

..... **WEEK 4:** BBQ Day (See WEEK 5 for Description)

..... **WEEK 8:** End of Summer Banquet - Chicken Piccata / Rice / Roasted Veggies Baked Ziti / Noodles / Salad / Brownies & Blondies / Watermelon

THESE ITEMS SERVED DAILY!



- On Wheat Bread, Wheat Bagels or “On the Side”
- Boars Head Premium Quality Turkey
- Tuna Salad
- American Cheese
- Nut Free Soynut Butter
- Wheat Bagels (plain, cream cheese, butter, jelly)
- Yogurts



- Plain Pasta
- Pasta in Red Sauce



Mixed Green Lettuces • Cucumber Rounds
Carrot & Celery Sticks • Chickpeas • Raisins • Croutons
Diced Tofu • Hummus • Edamame • Fresh Whole Fruit

DAILY SNACKS

- Locally Sourced Apples - Available Throughout the Day
- Ice Cream, Ice Pops & Pretzel Rods - Afternoon Snack Only
- Iced Water - Available All Day Throughout Camp

BEVERAGES

- Blended Juice
- Iced Water
- Skim Milk Upon Request

SEE BACK FOR MORE INFO



Please Note: None of our food is fried, only baked.
Our menu is trans fat free.
We use predominantly whole wheat breads.
Deer Mountain Day Camp is a Peanut Aware Camp.

