

**weeks 1 & 5**

- M** ..... Pizza or White Pizza w Broccoli / Fresh Cut Fruit
- T** ..... Grilled Chicken Sandwich (BBQ, Honey Mustard & Wing Sauces available on the side) / Baked Potato Wedges / Cookies
- W** ..... Baked Ziti w Italian or Garlic Bread / Peas & Carrots / Fresh Cut Fruit
- TH** ..... Tacos w Cheese, Shredded Lettuce, Tomato & Salsa / Cookies
- F** ..... BBQ Day - Kosher Hot Dogs / Hamburgers / Cheeseburgers / Grilled Chicken / Veggie Burgers / Grilled Cheese / Cole Slaw or Pasta Salad / Sun Chips / Watermelon

**weeks 2 & 6**

- M** ..... Grilled Chicken Sandwich (BBQ, Honey Mustard & Wing Sauces available on the side) / Baked Sweet Potato Wedges / Fresh Cut Fruit
- T** ..... **WEEK 2:** July 4th Camp Closed  
**WEEK 6:** Meatball Hero / Broccoli/ Cookies
- W** ..... Pizza or White Pizza w Broccoli / Fresh Cut Fruit
- TH** ..... Macaroni & Cheese / Corn Niblets / Fresh Cut Fruit
- F** ..... BBQ Day (See WEEK 5 for Description)

**weeks 3 & 7**

- M** ..... Baked Ziti w Italian or Garlic Bread / Vegetable Medley / Fresh Cut Fruit
- T** ..... Baked Chicken Fingers / Corn Niblets / Cookies
- W** ..... Pizza or White Pizza w Broccoli / Fresh Cut Fruit
- TH** ..... Breakfast at Lunch - Pancakes w Syrup / Egg & Cheese on Wheat Bagel / Cookies
- F** ..... BBQ Day (See WEEK 5 for Description)

**weeks 4 & 8**

- M** ..... Grilled Chicken Sandwich (BBQ, Honey Mustard & Wing Sauces available on the side) / Baked Sweet Potato Wedges / Fresh Cut Fruit
- T** ..... Pizza or White Pizza w Broccoli / Cookies
- W** ..... Chicken & Cheese Quesadilla or Cheese Quesadilla / Baked Sweet Potato Wedges / Fresh Cut Fruit
- TH** ..... Macaroni & Cheese / Vegetable Medley / Cookies
- F** ..... **WEEK 4:** BBQ Day (See WEEK 5 for Description)  
**WEEK 8:** End of Summer Banquet - Special Entrée / Baked Ziti / Noodles / Salad / Dessert / Watermelon

**THESE ITEMS SERVED DAILY!**



- Boars Head Premium Quality Turkey on Wheat Bread, Wheat Bagels or “On the Side”
- 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 • Baby Spinach • Cucumber Rounds
- Broccoli • Carrot & Celery Sticks • Chickpeas • Raisins
- Croutons • Olives • Diced Tofu • Hummus • Edamame
- Fresh Fruit • Hard Boiled Eggs

**DAILY SNACKS**

- Locally Sourced Apples & Snack Foods - Morning Snack & 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.

