


# DEER MOUNTAIN DAY CAMP - LUNCH MENU 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>W1&amp;5</b> 6/27 (THURS) & 7/29 <b>Pizza</b> <b>or White Pizza w Broccoli</b> <b>Fresh Cut Fruit</b>	6/28 (FRI) & 7/30 <b>Grilled Chicken Sandwich</b> <i>BBQ, Honey Mustard &amp; Wing</i> <i>Sauces on side</i> <b>Baked Potato Wedges</b> <b>Fresh Baked Cookies</b>	7/1 (MON) & 7/31 <b>Baked Ziti</b> <b>w Italian or Garlic Bread</b> <b>Peas &amp; Carrots</b> <b>Fresh Cut Fruit</b>	7/2 (TUES) & 8/1 <b>Tacos</b> <b>w Cheese, Shredded</b> <b>Lettuce, Tomato &amp; Salsa</b> <b>Cookies</b>	7/3 (WED) & 8/2 <b>DMDC's Famous</b> <b>BBQ Day</b> <b>*see below</b>
<b>W2&amp;6</b> 7/8 & 8/5 <b>Grilled Chicken Sandwich</b> <i>BBQ, Honey Mustard &amp; Wing</i> <i>Sauces on side</i> <b>Baked Potato Wedges</b> <b>Fresh Baked Cookies</b>	7/9 & 8/6 <b>Pizza</b> <b>or White Pizza w Broccoli</b> <b>Fresh Cut Fruit</b>	7/10 & 8/7 <b>Meatball Heros</b> <b>Broccoli</b> <b>Cookies</b>	7/11 & 8/8 <b>Macaroni &amp; Cheese</b> <b>Corn Niblets</b> <b>Fresh Cut Fruit</b>	7/12 & 8/9 <b>DMDC's Famous</b> <b>BBQ Day</b> <b>*see below</b>
<b>W3&amp;7</b> 7/15 & 8/12 <b>Baked Ziti</b> <b>w Italian or Garlic Bread</b> <b>Peas &amp; Carrots</b> <b>Fresh Cut Fruit</b>	7/16 & 8/13 <b>Baked Chicken Fingers</b> <b>Corn Niblets</b> <b>Fresh Baked Cookies</b>	7/17 & 8/14 <b>Pizza</b> <b>or White Pizza w Broccoli</b> <b>Fresh Cut Fruit</b>	7/18 & 8/15 <b>Breakfast at Lunch</b> <b>Pancakes w Syrup</b> <b>Egg &amp; Cheese</b> <i>on a Wheat Bagel</i> <b>Fresh Baked Cookies</b>	7/19 & 8/16 <b>DMDC's Famous</b> <b>BBQ Day</b> <b>*see below</b>
<b>W4</b> 7/22 <b>Grilled Chicken Sandwich</b> <i>BBQ, Honey Mustard &amp; Wing</i> <i>Sauces on side</i> <b>Baked Potato Wedges</b> <b>Fresh Baked Cookies</b>	7/23 <b>Pizza</b> <b>or White Pizza w Broccoli</b> <b>Fresh Cut Fruit</b>	7/24 <b>Chicken &amp; Cheese</b> <b>Quesadilla</b> <b>or Cheese Quesadilla</b> <b>Baked Sweet Potato Fries</b> <b>Fresh Cut Fruit</b>	7/25 & 8/22 <b>Macaroni &amp; Cheese</b> <b>Corn Niblets</b> <b>Fresh Cut Fruit</b>	7/26 <b>DMDC's Famous</b> <b>BBQ Day</b> <b>*see below</b>
<b>W8</b> 8/22 <b>Pizza</b> <b>or White Pizza w Broccoli</b> <b>Fresh Cut Fruit</b>	8/20 <b>Macaroni &amp; Cheese</b> <b>Corn Niblets</b> <b>Fresh Cut Fruit</b>	8/21 <b>DMDC's Famous</b> <b>BBQ Day</b> <b>*see below</b>	8/22 <b>End of Summer Banquet</b> <b>Special Entree</b> <b>Baked Ziti &amp; Plain Pasta</b> <b>Salad</b> <b>Watermelon &amp; Dessert</b>	

## DMDC'S FAMOUS BBQ DAY

Kosher Hot Dogs • Hamburgers • Cheeseburgers • Turkey Burgers • Grilled Chicken  
Veggie Burgers • Grilled Cheese • Cole Slaw or Pasta Salad • Sun Chips • Watermelon

## dmdc greens DAILY SALAD BAR

### Lettuces

Romaine  
Mescaline  
Baby Spinach

### Classics

Cucumber Rounds  
Carrot Sticks  
Celery Sticks  
Broccoli  
Corn  
Peppers

### More Add Ins

Chickpeas  
Olives  
Edamame  
Raisins  
Croutons  
Homemade Hummus  
Fresh Fruit

### Proteins

Diced Tofu  
Hard Boiled Eggs

### Daily Specials



## DAILY OFFERINGS

- Boars Head Premium Quality Turkey served on Wheat Bread, Wheat Bagel or on the side
- Tuna Salad
- American Cheese
- Nut Free SoyNut Butter
- Fresh Wheat Bagels served plain or with cream cheese or butter
- Assorted Yogurts



## HEALTHY FOCUS

- None of our food is fried, only baked or grilled.
- Our menu is trans fat free.
- We use predominantly whole wheat breads.
- Turkey Meat available on Meatball Hero & Taco Days

## FOOD ALLERGIES & DIETARY RESTRICTIONS

- Gluten Free Options available.
- Deer Mountain is a Peanut & Tree Nut Aware Camp. We do not knowingly serve any nut or peanut products.
- Our Camp Mom is available to oversee all food allergies & dietary restrictions. Please call the camp office with questions.

## SNACKS

- **Morning Snack & Available Throughout the Day** - Locally Sourced Apples or Other Fruits & Snack Foods such as Yogurt Sticks, Cheese Sticks, Goldfish
- **Afternoon Snack** - Ice Cream, Ice Pops & Pretzel Rods

## BEVERAGES

- **Lunch Time** - Blended Juice, Iced Water, Skim Milk Upon Request
- **Iced Water Available All Day Throughout Camp** - No Water Bottles Necessary ☺.

**QUESTIONS?** Please call us in the camp office at 845-354-2727