

# Tall Pines Day Camp

Week 1	Monday 6/26	Tuesday 6/27	Wednesday 6/28	Thursday 6/29	Friday 6/30
<b>Main Course</b>	Chicken Fingers	Macaroni & Cheese	Hot & Cold Turkey on a Bun	French Toast	DJ Lunch!! Camp Cookout! Turkey Hot Dogs
<b>Side Dishes</b>	Dipping Sauces, String Beans	Caesar Salad	Sliced Cheese, Lettuce & Tomato	Tater Tots, Syrup, Margarine, Cream Cheese & Jelly	Baked Beans, Sauerkraut, Fixins', Potato Chips, Pickles
<b>Desserts</b>	Cake	Brown Cow Ice Cream Bar	Fresh Fruit	Watermelon	Banana Fudge Rocket Bars
<b>Daily Alternatives</b>	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
<b>Snack</b>	Pretzels	Animal Crackers	Oreos	Graham Cracker	String Cheese Sticks

<b>Gluten Free Main Course</b>	Coleman Chicken Fingers	Brown Rice Pasta & Cheese	Block and Barrel Turkey	Van's French Toast	Turkey Dogs, GF Potato Chips
<b>Gluten Free Desserts</b>	Enjoy Life Coco Loco Bars	Brown Cow Ice Cream Bar	Fresh Fruit	Watermelon	Banana Fudge Rocket Bars
<b>Daily Gluten Free Alternatives</b>	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers (GF), Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
<b>Gluten Free Snack</b>	Glutino Pretzel Twists	Annie's Animal Crackers	Enjoy Life Double Choc. Cookies	Enjoy Life Honey Graham Crackers	String Cheese Sticks

<b>Vegetarian Main Course</b>	Daily Choices: American Cheese, Gordon Pro Breast Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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<b>Regular Menu Choices</b>	<b>Gluten Free Choices</b>	<b>Vegetarian Choices</b>
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# Tall Pines Day Camp

Week 2	Monday 7/3	Tuesday 7/4	Wednesday 7/5	Thursday 7/6	Friday 7/7
<b>Main Course</b>	Chicken Patties on a bun	Camp Closed!	Corned Beef Special with Rye Bread	Viva Mexico! Tacos	A Camper Favorite! Pizza
<b>Side Dishes</b>	Green Beans	Camp Closed!	Cole Slaw, Potato Salad, Pickles, Chips, Russian Dressing	Salsa, Cheese, Lettuce, Tomato & Onion	Caesar Salad
<b>Desserts</b>	Fudge Bars	Camp Closed!	Bubble Gum Ice	Fresh Fruit	Choc. Éclair
<b>Daily Alternatives</b>	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
<b>Snack</b>	Graham Crackers Bites	Camp Closed!	Goldfish	Oreo Cookies	Popcorn Trail Mix

<b>Gluten Free Main Course</b>	Coleman Chicken Nuggets	Camp Closed!	Corned Beef Specials with GF Bread	Tacos with Corn Tortillas	UDI's GF Pizza
<b>Gluten Free Desserts</b>	Fudge Bars	Camp Closed!	Bubble Gum Ice	Fresh Fruit	Fudge Bar
<b>Daily Gluten Free Alternatives</b>	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers (GF), Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
<b>Gluten Free Snack</b>	Scooby Fruit Snacks	Camp Closed!	Breakfast Bars	Enjoy Life Chocolate cookies	Popcorn Trail Mix

<b>Vegetarian Main Course</b>	Daily Choices: American Cheese, Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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<b>Regular Menu Choices</b>	<b>Gluten Free Choices</b>	<b>Vegetarian Choices</b>
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# Tall Pines Day Camp

Week 3	Monday 7/10	Tuesday 7/11	Wednesday 7/12	Thursday 7/13	Friday 7/14
<b>Main Course</b>	Crispy Southern Fried Chicken	Tortellini	Chicken Fajitas on Soft Tortilla Shells	Pulled BBQ Chicken	South Philly Steak Sandwiches on Italian Roll
<b>Side Dishes</b>	Cole Slaw, Carrots, Celery	Spinach Salad Garlic Bread	Peppers, Onions, Shredded Cheese, Tomatoes, Salsa, Sour Cream	Potato Chips Fresh Fruit	Cheese, Onions, Hot Peppers & Pickles
<b>Desserts</b>	Crumbled Cookie Cone	Fresh Fruit	Cookie & Cream Bar	Soft Pretzels	Chocolate Chip Cookies
<b>Daily Alternatives</b>	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
<b>Snack</b>	Graham Crackers	Whole Grain Pop Tarts	String Cheese Sticks	Cheez-its	Pretzel Rods

<b>Gluten Free Main Course</b>	Coleman Chicken Fingers	Brown Rice Pasta in Tomato Sauce	Chicken Fajitas with Corn Tortillas	Grilled Chicken Breast Fresh Fruit	South Philly Steak Sandwich onGF Bread
<b>Gluten Free Desserts</b>	Fudge Bar	Fresh Fruit	Orange Creamsicles	Pretzels	Enjoy Life Chocolate Chip Cookies
<b>Daily Gluten Free Alternatives</b>	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers (GF), Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
<b>Gluten Free Snack</b>	Schar Graham Crackers	Breakfast Bars	Cheese Crackers	Popcorn	Glutino Pretzels Twists

<b>Vegetarian Main Course</b>	Daily Choices: American Cheese, Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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<b>Regular Menu Choices</b>	<b>Gluten Free Choices</b>	<b>Vegetarian Choices</b>
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# Tall Pines Day Camp

Week 4	Monday 7/17	Tuesday 7/18	Wednesday 7/19	Thursday 7/20	Friday 7/21
<b>Main Course</b>	Chicken Nuggets	Grilled Cheese	Grilled Chicken Breast	Meatball Sandwiches	King Neptune Day! Fish Sticks
<b>Side Dishes</b>	Carrots, Celery, Potato Chips	Round Rolls, Tater Tots	Buns, Tomato, Onion, Lettuce, Various Sauces, Cheese, Pasta Salad	Italian Rolls, Mozzarella Cheese Sticks, Veggies	Green Beans
<b>Desserts</b>	Chocolate Pudding	Strawberry Éclair	Water Ice	Watermelon	Soft Pretzels
<b>Daily Alternatives</b>	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
<b>Snack</b>	Scooby Fruit Snacks	Popcorn Trail Mix	Pretzels	Oreos	Vanilla Wafers

<b>Gluten Free Main Course</b>	Chicken Nuggets	Grilled Cheese on GF Bread	Grilled Chicken Breast on GF Bread	Hamburger	Ian's Fish Sticks
<b>Gluten Free Desserts</b>	Chocolate Pudding	Cotton Candy Ice	Water Ice	Watermelon	Glutino Pretzel Twists
<b>Daily Gluten Free Alternatives</b>	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers (GF), Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
<b>Gluten Free Snack</b>	Scooby Fruit Snacks	Popcorn	Glutino Pretzel Twists	Enjoy Life Double Chocolate Cookies	Enjoy Life Honey Graham Crackers

<b>Vegetarian Main Course</b>	Daily Choices: American Cheese, Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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<b>Regular Menu Choices</b>	<b>Gluten Free Choices</b>	<b>Vegetarian Choices</b>
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# Tall Pines Day Camp

Week 5	Monday 7/24	Tuesday 7/25	Wednesday 7/26	Thursday 7/27	Friday 7/28
<b>Main Course</b>	Chinese Food Sweet & Sour Chicken	Pizza, Pizza, Pizza!	Macaroni & Cheese	Pretzel Dogs	Crispy Southern Fried Chicken
<b>Side Dishes</b>	Fried Rice, Egg Rolls, Dipping Sauces	Tossed Salad	Caesar Salad	Cole Slaw, Potato Salad	Carrots, Celery
<b>Desserts</b>	Fresh Orange Slices	Ice Cream Sandwich	Watermelon	Cotton Candy Ice	Fudge Bar
<b>Daily Alternatives</b>	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
<b>Snack</b>	Pretzels	Animal Crackers	Fruit Snacks	String Cheese Snacks	Vanilla Wafers

<b>Gluten Free Main Course</b>	Chicken Strips	UDI's Pizza, Pizza, Pizza	Brown Rice Pasta & Cheese	Turkey Dogs	Chicken Strips
<b>Gluten Free Desserts</b>	Fresh Orange Slices	Wacky Watermelon Ice	Watermelon	Cotton Candy Ice	Fudge Bar
<b>Daily Gluten Free Alternatives</b>	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers (GF), Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
<b>Gluten Free Snack</b>	Glutino Pretzel Twists	KinniKritters Animal Crackers	Fruit Snacks	String Cheese Snacks	Enjoy Life Honey Graham Crackers

<b>Vegetarian Main Course</b>	Daily Choices: American Cheese, Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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<b>Regular Menu Choices</b>	<b>Gluten Free Choices</b>	<b>Vegetarian Choices</b>
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# Tall Pines Day Camp

Week 6	Monday 7/31	Tuesday 8/1	Wednesday 8/2	Thursday 8/3	Friday 8/4
<b>Main Course</b>	Stuffed Shells	Chicken Fingers	Wake Up!!!! Breakfast for Lunch French Toast	Soft Shell Tacos	Chicken Steaks
<b>Side Dishes</b>	Garlic Bread	Green Beans	Tater Tots, Syrup, Margarine, Assorted Milks and Juices	Salsa, Cheese, Lettuce, Tomatoes, Onions	Rolls, Cheese, Onions, Hot Peppers, Potato Chips
<b>Desserts</b>	Bubble Gum Bar	Fresh Fruit	Brown Cow Ice Cream	Watermelon	Wacky Watermelon Ice
<b>Daily Alternatives</b>	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
<b>Snack</b>	Whole Grain Pop Tarts	Popcorn Trail Mix	Goldfish	Scooby Snacks	Oreo Cookies

<b>Gluten Free Main Course</b>	Brown Rice Pasta with Tomato Sauce	Coleman Chicken Strips	Ian's French Toast	UDI's Soft Shell Tacos	Chicken Steaks
<b>Gluten Free Desserts</b>	Bubble Gum Ice	Fresh Fruit	Brown Cow Ice Cream	Watermelon	Wacky Watermelon Ice
<b>Daily Gluten Free Alternatives</b>	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers (GF), Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
<b>Gluten Free Snack</b>	Breakfast Bar	Popcorn	String Cheese Sticks	Scooby Snacks	Enjoy Life Double Chocolate Cookies

<b>Vegetarian Main Course</b>	Daily Choices: American Cheese, Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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# Tall Pines Day Camp

Week 7	Monday 8/7	Tuesday 8/8	Wednesday 8/9	Thursday 8/10	Friday 8/11
<b>Main Course</b>	Sloppy Joe Sandwiches	Pizza! Pizza! Pizza!	Chicken Fajitas on Soft Tortilla Shells	Super Hoagies	Macaroni & Cheese
<b>Side Dishes</b>	Rolls, Potato Chips, Fresh Fruit	Tossed Salad	Peppers and Onions, Shredded Cheese, Lettuce, Tomato, Salsa, Sour Cream	Italian Rolls, Lettuce, Tomato, Onion, Peppers, Pickles, Potato Chips	Caesar Salad
<b>Desserts</b>	Orange Creamsicle	Fresh Fruit	Cotton Candy Ice	Brownies	Chocolate Éclair
<b>Daily Alternatives</b>	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
<b>Snack</b>	String Cheese Sticks	Animal Crackers	Vanilla Wafers	Cheezits	Pretzel Rods

<b>Gluten Free Main Course</b>	Grilled Chicken on GF Rolls	UDI's Pizza! Pizza! Pizza!	Chicken Fajitas on UDI's Tortilla Wraps	Hoagies on Schar GF Bread	New Life Macaroni & Cheese
<b>Gluten Free Desserts</b>	Orange Creamsicle	Fresh Fruit	Cotton Candy Ice	Enjoy Life Cocoa Bars	Fudge Bar
<b>Daily Gluten Free Alternatives</b>	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers (GF), Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
<b>Gluten Free Snack</b>	String Cheese Sticks	KinniKritters Animal Crackers	Enjoy Life Honey Graham Crackers	Schar Cheese Bites	Glutino Pretzel Twists

<b>Vegetarian Main Course</b>	Daily Choices: American Cheese, Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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<b>Regular Menu Choices</b>	<b>Gluten Free Choices</b>	<b>Vegetarian Choices</b>
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# Tall Pines Day Camp

Week 8	Monday 8/14	Tuesday 8/15	Wednesday 8/16	Thursday 8/17	Friday 8/18
<b>Main Course</b>	Meatball Sandwiches	Grilled Cheese	Chicken Patties	Tortellini	Last Day Cookout!!! Hamburgers
<b>Side Dishes</b>	Rolls, Mozzarella Cheese Sticks, Tossed Salad	Corn Niblets	Potato Chips	Caesar Salad, Garlic Bread, Green Beans	Rolls, Cheese Slices, Baked Beans, Fixins', Potato Chips, Pickles
<b>Desserts</b>	Ice Cream Sandwich	Fresh Fruit	Cookie & Cream Bar	Chocolate Chip Cookies	Orange Creamsicle
<b>Daily Alternatives</b>	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellogg's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
<b>Snack</b>	Scooby Snacks	Oreos	Pretzels	Graham Crackers	None

<b>Gluten Free Main Course</b>	Hamburger on GF Bread	Grilled Cheese on GF Bread	Chicken Strips	Brown Rice Pasta with Tomato Sauce	Hamburgers on GF Bread
<b>Gluten Free Desserts</b>	Wacky Watermelon Ice	Fresh Fruit	Fudge Bar	Enjoy Life Cocoa Loco Chewy Bars	Orange Creamsicle
<b>Daily Gluten Free Alternatives</b>	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers (GF), Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
<b>Gluten Free Snack</b>	Scooby Fruit Snacks	Enjoy Life Double Chocolate Cookies	Glutino Pretzel Twists	Schar Graham Crackers	None

<b>Vegetarian Main Course</b>	Daily Choices: American Cheese, Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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<b>Regular Menu Choices</b>	<b>Gluten Free Choices</b>	<b>Vegetarian Choices</b>
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