

Tall Pines Day Camp

Week 1	Monday 6/25	Tuesday 6/26	Wednesday 6/27	Thursday 6/28	Friday 6/29
Main Course	Chicken Fingers	Macaroni & Cheese	Hot & Cold Turkey on a Bun	French Toast	DJ Lunch!! Camp Cookout! Turkey Hot Dogs
Side Dishes	Dipping Sauces, String Beans	Caesar Salad	Sliced Cheese, Lettuce & Tomato	Tater Tots, Syrup, Margarine, Cream Cheese & Jelly	Baked Beans, Sauerkraut, Fixins', Potato Chips, Pickles
Desserts	Cake	Brown Cow Ice Cream Bar	Fresh Fruit	Watermelon	Banana Fudge Rocket Bars
Daily Alternatives	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, Oranges, Peaches, Bananas or Pears; Yogurt, Granola, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
Salad Bar	Romaine lettuce, spinach, mixed greens, cucumbers, tomatoes, black olives, chick peas, hard boiled eggs, beets, shredded cheese, carrots, celery, hummus, guacamole, raisins, raisins, broccoli, cauliflower, shredded tuna, bacon bits, croutons				
Snack	Pretzels	Animal Crackers	Oreos	Graham Cracker	String Cheese Sticks
Gluten Free Main Course	Coleman Chicken Fingers	Brown Rice Pasta & Cheese	Block and Barrel Turkey	Van's French Toast	Turkey Dogs, GF Potato Chips
Gluten Free Desserts	Enjoy Life Coco Loco Bars	Brown Cow Ice Cream Bar	Fresh Fruit	Watermelon	Banana Fudge Rocket Bars
Daily Gluten Free Alternatives	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				
Gluten Free Snack	Glutino Pretzel Twists	Annie's Animal Crackers	Enjoy Life Double Choc. Cookies	Enjoy Life Honey Graham Crackers	String Cheese Sticks

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

Week 2	Monday 7/2	Tuesday 7/3	Wednesday 7/4	Thursday 7/5	Friday 7/6
Main Course	Chicken Patties on a bun	Corned Beef Special with Rye Bread	Camp Closed!	Viva Mexico! Tacos	A Camper Favorite! Pizza
Side Dishes	Green Beans	Cole Slaw, Potato Salad, Pickles, Chips, Russian Dressing	Camp Closed!	Salsa, Cheese, Lettuce, Tomato & Onion	Caesar Salad
Desserts	Fudge Bars	Bubble Gum Ice	Camp Closed!	Fresh Fruit	Choc. Éclair
Daily Alternatives	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.				
Salad Bar	Romaine lettuce, spinach, mixed greens, cucumbers, tomatoes, black olives, chick peas, hard boiled eggs, beets, shredded cheese, carrots, celery, hummus, guacamole, raisins, raisins, broccoli, cauliflower, shredded tuna, bacon bits, croutons				
Snack	Graham Crackers Bites	Goldfish		Oreo Cookies	Popcorn Trail Mix

Gluten Free Main Course	Coleman Chicken Nuggets	Corned Beef Specials with GF Bread	Camp Closed!	Tacos with GF Tortillas	UDI's GF Pizza
Gluten Free Desserts	Fudge Bars	Bubble Gum Ice	Camp Closed!	Fresh Fruit	Fudge Bar
Daily Gluten Free Alternatives	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				
Gluten Free Snack	Scooby Fruit Snacks	Breakfast Bars	Camp Closed!	Enjoy Life Chocolate cookies	Popcorn

Vegetarian Main Course	Daily Choices: American Cheese, Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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Week 3	Monday 7/9	Tuesday 7/10	Wednesday 7/11	Thursday 7/12	Friday 7/13
Main Course	Crispy Southern Fried Chicken	Tortellini	Chicken Fajitas on Soft Tortilla Shells	Pulled BBQ Chicken	South Philly Steak Sandwiches on Italian Roll
Side Dishes	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
Desserts	Crumbled Cookie Cone	Fresh Fruit	Cookie & Cream Bar	Soft Pretzels	Chocolate Chip Cookies
Daily Alternatives	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.				
Salad Bar	Romaine lettuce, spinach, mixed greens, cucumbers, tomatoes, black olives, chick peas, hard boiled eggs, beets, shredded cheese, carrots, celery, hummus, guacamole, craisins, raisins, broccoli, cauliflower, shredded tuna, bacon bits, croutons				
Snack	Graham Crackers	Whole Grain Pop Tarts	String Cheese Sticks	Cheez-its	Pretzel Rods

Gluten Free Main Course	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
Gluten Free Desserts	Fudge Bar	Fresh Fruit	Orange Creamsicles	Pretzels	Enjoy Life Chocolate Chip Cookies
Daily Gluten Free Alternatives	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				
Gluten Free Snack	Enjoy Life Graham Crackers	Breakfast Bars	String Cheese	Popcorn	Glutino Pretzels Twists

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

Week 4	Monday 7/16	Tuesday 7/17	Wednesday 7/18	Thursday 7/19	Friday 7/20
Main Course	Chicken Nuggets	Grilled Cheese	Grilled Chicken Breast	Meatball Sandwiches	King Neptune Day! Fish Sticks
Side Dishes	Carrots, Celery, Potato Chips	Tater Tots	Buns, Tomato, Onion, Lettuce, Various Sauces, Cheese, Pasta Salad	Italian Rolls, Mozzarella Cheese Sticks, Veggies	Green Beans
Desserts	Chocolate Pudding	Strawberry Éclair	Vanilla/Chocolate Cone	Watermelon	Soft Pretzels
Daily Alternatives	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, Oranges, Peaches, Bananas or Pears; Yogurt, Granola, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.Salad Bar,				
Salad Bar	Salad Bar - Romaine lettuce, spinach, cucumbers, tomatoes, black olives, chick peas, hard boiled eggs, beets, cottage cheese, shredded cheddar cheese, carrots, celery, hummus, guacamole, craisins, raisins, broccoli, cauliflower, shredded tuna, bacon bits, croutons				
Snack	Scooby Fruit Snacks	Popcorn Trail Mix	Pretzels	Oreos	Vanilla Wafers
Gluten Free Main Course	Chicken Nuggets	Grilled Cheese on GF Bread	Grilled Chicken Breast on GF Bread	Hamburger	Ian's Fish Sticks
Gluten Free Desserts	Chocolate Pudding	Cotton Candy Ice	Water Ice	Watermelon	Glutino Pretzel Twists
Daily Gluten Free Alternatives	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				
Gluten Free Snack	Scooby Fruit Snacks	Popcorn	Glutino Pretzel Twists	Enjoy Life Double Chocolate Cookies	Enjoy Life Honey Graham Crackers

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

Week 5	Monday 7/23	Tuesday 7/24	Wednesday 7/25	Thursday 7/26	Friday 7/27
Main Course	Chinese Food Sweet & Sour Chicken	Pizza, Pizza, Pizza!	Macaroni & Cheese	Pretzel Dogs	Crispy Southern Fried Chicken
Side Dishes	Fried Rice, Egg Rolls, Dipping Sauces	Tossed Salad	Caesar Salad	Cole Slaw, Potato Salad	Carrots, Celery
Desserts	Fresh Orange Slices	Ice Cream Sandwich	Fudge Bar	Watermelon	Cotton Candy Ice
Daily Alternatives	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.				
Salad Bar	Salad Bar - Romaine lettuce, spinach, cucumbers, tomatoes, black olives, chick peas, hard boiled eggs, beets, cottage cheese, shredded cheddar cheese, carrots, celery, hummus, guacamole, craisins, raisins, broccoli, cauliflower, shredded tuna, bacon bits, croutons				
Snack	Pretzels	Animal Crackers	Fruit Snacks	String Cheese Snacks	Vanilla Wafers

Gluten Free Main Course	Chicken Strips	UDI's Pizza, Pizza, Pizza	Brown Rice Pasta & Cheese	Turkey Dogs	Chicken Strips
Gluten Free Desserts	Fresh Orange Slices	Wacky Watermelon Ice	Fudge Bar	Watermelon	Cotton Candy Ice
Daily Gluten Free Alternatives	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				
Gluten Free Snack	Glutino Pretzel Twists	KinniKritters Animal Crackers	Fruit Snacks	String Cheese Snacks	Enjoy Life Honey Graham Crackers

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

Week 6	Monday 7/30	Tuesday 7/31	Wednesday 8/1	Thursday 8/2	Friday 8/3
Main Course	Chicken Fajitas on Soft Tortilla Shells	Chicken Fingers	Stuffed Shells	Soft Shell Tacos	Chicken Steaks
Side Dishes	Peppers and Onions, Shredded Cheese, Lettuce, Tomato, Salsa, Sour Cream	Green Beans	Garlic Bread	Salsa, Cheese, Lettuce, Tomatoes, Onions	Rolls, Cheese, Onions, Hot Peppers, Potato Chips
Desserts	Bubble Gum Ice	Fresh Fruit	Brown Cow Ice Cream	Watermelon	Wacky Watermelon Ice
Daily Alternatives	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.				
Salad Bar	Salad Bar - Romaine lettuce, spinach, cucumbers, tomatoes, black olives, chick peas, hard boiled eggs, beets, cottage cheese, shredded cheddar cheese, carrots, celery, hummus, guacamole, raisins, broccoli, cauliflower, shredded tuna, bacon bits, croutons				
Snack	Whole Grain Pop Tarts	Popcorn Trail Mix	Goldfish	Scooby Snacks	Oreo Cookies

Gluten Free Main Course	Chicken Fajitas on UDI's Tortilla Wraps	Coleman Chicken Strips	Brown Rice Pasta with Tomato Sauce	UDI's Soft Shell Tacos	Chicken Steaks
Gluten Free Desserts	Bubble Gum Ice	Fresh Fruit	Brown Cow Ice Cream	Watermelon	Wacky Watermelon Ice
Daily Gluten Free Alternatives	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				
Gluten Free Snack	Breakfast Bar	Popcorn	String Cheese Sticks	Scooby Snacks	Enjoy Life Double Chocolate Cookies

Vegetarian Main Course	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 8/6	Tuesday 8/7	Wednesday 8/8	Thursday 8/9	Friday 8/10
Main Course	Sloppy Joe Sandwiches	Pizza! Pizza! Pizza!	Wake Up!! Breakfast for Lunch French Toast	Super Hoagies	Macaroni & Cheese
Side Dishes	Rolls, Potato Chips, Fresh Fruit	Tossed Salad	Tater Tots, Syrup, Margarine, Assorted Milks and Juices	Italian Rolls, Lettuce, Tomato, Onion, Peppers, Pickles, Potato Chips	Caesar Salad
Desserts	Orange Creamsicle	Fresh Fruit	Cotton Candy Ice	Brownies	Chocolate Éclair
Daily Alternatives	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.				
Salad Bar	Salad Bar - Romaine lettuce, spinach, cucumbers, tomatoes, black olives, chick peas, hard boiled eggs, beets, cottage cheese, shredded cheddar cheese, carrots, celery, hummus, guacamole, craisins, raisins, broccoli, cauliflower, shredded tuna, bacon bits, croutons				
Snack	String Cheese Sticks	Animal Crackers	Vanilla Wafers	Cheezits	Pretzel Rods

Gluten Free Main Course	Grilled Chicken on GF Rolls	UDI's Pizza! Pizza! Pizza!	Ian's French Toast	Hoagies on Schar GF Bread	New Life Macaroni & Cheese
Gluten Free Desserts	Orange Creamsicle	Fresh Fruit	Cotton Candy Ice	Enjoy Life Cocoa Bars	Fudge Bar
Daily Gluten Free Alternatives	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				
Gluten Free Snack	String Cheese Sticks	Annie Animal Crackers	Enjoy Life Honey Graham Crackers	Scooby Snacks	Glutino Pretzel Twists

Vegetarian Main Course	Daily Choices: American Cheese, Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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Week 8	Monday 8/13	Tuesday 8/14	Wednesday 8/15	Thursday 8/16	Friday 8/17
Main Course	Meatball Sandwiches	Grilled Cheese	Chicken Patties	Tortellini	Last Day Cookout!!! Hamburgers
Side Dishes	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
Desserts	Ice Cream Sandwich	Fresh Fruit	Cookie & Cream Bar	Chocolate Chip Cookies	Orange Creamsicle
Daily Alternatives	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.				
Salad Bar	Salad Bar - Romaine lettuce, spinach, cucumbers, tomatoes, black olives, chick peas, hard boiled eggs, beets, cottage cheese, shredded cheddar cheese, carrots, celery, hummus, guacamole, craisins, raisins, broccoli, cauliflower, shredded tuna, bacon bits, croutons				
Snack	Scooby Snacks	Oreos	Pretzels	Graham Crackers	None

Gluten Free Main Course	Hamburger on GF Bread	Grilled Cheese on GF Bread	Chicken Strips	Brown Rice Pasta with Tomato Sauce	Hamburgers on GF Bread
Gluten Free Desserts	Wacky Watermelon Ice	Fresh Fruit	Fudge Bar	Enjoy Life Cocoa Loco Chewy Bars	Orange Creamsicle
Daily Gluten Free Alternatives	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				
Gluten Free Snack	Scooby Fruit Snacks	Enjoy Life Double Chocolate Cookies	Glutino Pretzel Twists	Enjoy Life Graham Crackers	None

Vegetarian Main Course	Daily Choices: American Cheese, Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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