

Tall Pines Day Camp - 2024

Week 1	Monday 6/24	Tuesday 6/25	Wednesday 6/26	Thursday 6/27	Friday 6/28
Main Course	Chicken Patties on a bun	Macaroni & Cheese	Cold Turkey on a Bun	Meatball sandwiches	DJ Lunch!! Camp Cookout! Turkey Hot Dogs
Side Dishes	Green Beans, Potato Chips	Caesar Salad	Sliced Cheese, Lettuce & Tomato	Mozzarella Sticks	Baked Beans, Sauerkraut, Fixins', Potato Chips, Pickles
Desserts	Chocolate Cake	Brown Cow Rich's Bar	Watermelon	Fudge Frenzy	Birthday Cake Cone
Daily Alternatives	Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks, Carrot Sticks, Hummus, Guacamole, Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yogurt, Nacho Cheese, Chips & Salsa, Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Krispies & Kix				
Snack	Pretzels	Animal Crackers	Oreos	Graham Cracker	Vanilla Wafers

Gluten Free Main Course	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey Dogs with GF Bun				
Gluten Free Desserts	David's Brownies	Brown Cow Rich's Bar	Watermelon	Fudge Frenzy	Cherry Ice Cup
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks, GF Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF Breakfast Bars				
Gluten Free Snack	Glutino Pretzel Twists	Animal Crackers	David's Brownies	Enjoy Life Vanilla Honey Graham Crackers	Scooby Fruit Snacks

Vegetarian Main Course	Daily Choices: American Cheese, Gardein Chicken Breast, Lightlife 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 is a nut-free facility.

Week 2	Monday 7/1	Tuesday 7/2	Wednesday 7/3	Thursday 7/4	Friday 7/5
Main Course	Tortellini	Corned Beef Special with Rye Bread	French Toast	CAMP CLOSED	A Camper Favorite! Pizza
Side Dishes	Caesar Salad	American Cheese, Cole Slaw, Potato Salad, Pickles, Chips, Russian Dressing	Tater Tots, Syrup, Margarine, Cream Cheese & Jelly	CAMP CLOSED	Spinach Salad
Desserts	Fresh Fruit	Orange Ice Cup	Crumble Cookie Cone	CAMP CLOSED	Ice Cream Sandwich
Daily Alternatives	Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks, Carrot Sticks, Hummus, Guacamole, Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yogurt, Nacho Cheese, Chips & Salsa, Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Krispies & Kix				
Snack	Oreo Cookies	String Cheese	Popcorn	CAMP CLOSED	Goldfish

Gluten Free Main Course	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey Dogs with GF Bun				
Gluten Free Desserts	Fresh Fruit	Fudge Bars	Orange Ice Cup	CAMP CLOSED	Cherry Ice Cup
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks, GF Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF Breakfast Bars				
Gluten Free Snack	David's Brownies	Popcorn	String Cheese	CAMP CLOSED	Enjoy Life Breakfast Bars

Vegetarian Main Course	Daily Choices: American Cheese, Gardein Chicken Breast, Lightlife Vegetarian Dog or Morningstar Veggie Burgers				
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Tall Pines Day Camp is a nut-free facility.

Week 3	Monday 7/8	Tuesday 7/9	Wednesday 7/10	Thursday 7/11	Friday 7/12
Main Course	Tacos (hard & soft shells)	Stuffed Shells	Chicken Pattie on a bun	Chinese Food Sweet & Sour Chicken	Pretzel Dogs
Side Dishes	Salsa, Cheese, Lettuce, Tomatoes, Onions	Garlic Bread Caesar Salad	Cheese, Rolls, Potato Chips	Fried Rice, Egg Rolls, Dipping Sauces	Cole Slaw, Potato Salad
Desserts	Lemon Cup Ice	Grapes	Rainbow Polar Pole	Fresh Orange Slices	Chocolate Chip Cookies
Daily Alternatives	Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks, Carrot Sticks, Hummus, Guacamole, Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yogurt, Nacho Cheese, Chips & Salsa, Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Krispies & Kix				
Snack	Graham Crackers	Whole Grain Poptarts	Pretzels	String Cheese	No snack - CARNIVAL

Gluten Free Main Course	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey Dogs with GF Bun				
Gluten Free Desserts	Lemon Cup Ice	Watermelon	Rainbow Polar Pole	Fresh Orange Slices	Enjoy Life Chocolate Chip Cookies
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks, GF Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF Breakfast Bars				
Gluten Free Snack	Enjoy Life Vanilla Honey Graham Crackers	Enjoy Life Soft Bake Apple Bars	Glutino Pretzel Twists	String Cheese	No snack - CARNIVAL

Vegetarian Main Course	Daily Choices: American Cheese, Gardein Chicken Breast, Lightlife Vegetarian Dog or Morningstar Veggie Burgers				
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Tall Pines Day Camp is a nut-free facility.

Week 4	Monday 7/15	Tuesday 7/16	Wednesday 7/17	Thursday 7/19	Friday 7/20
Main Course	Chicken Nuggets	Grilled Cheese	Chicken Fajitas on Soft Tortilla Shells	Sloppy Joes	Grilled Chicken Breast
Side Dishes	Carrots, Celery, Potato Chips	Potato Chips	Peppers and Onions, Shredded Cheese,Salsa	Mozzarella Cheese Sticks	Buns, Tomato, Onion, Lettuce, Various Sauces, Cheese, Pasta Salad
Desserts	Chocolate Pudding	Strawberry Éclair	Orange Creamsicle	Ice Cream Sandwich	Fresh Fruit
Daily Alternatives	Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks, Carrot Sticks, Hummus, Guacamole, Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yogurt, Nacho Cheese, Chips & Salsa, Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Krispies & Kix				
Snack	Scooby Fruit Snacks	String Cheese	Soft Pretzels	Oreos	Vanilla Wafers

Gluten Free Main Course	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey Dogs with GF Bun				
Gluten Free Desserts	Chocolate Pudding	Lemon Ice Cup	Orange Creamsicle	Cherry Ice Cup	Fresh Fruit
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks, GF Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF Breakfast Bars				
Gluten Free Snack	Scooby Fruit Snacks	String Cheese	Glutino Pretzel Twists	David's Brownies	Enjoy Life Honey Graham Cookies

Vegetarian Main Course	Daily Choices: American Cheese, Gardein Chicken Breast, Lightlife Vegetarian Dog or Morningstar Veggie Burgers				
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Tall Pines Day Camp is a nut-free facility.

Week 5	Monday 7/22	Tuesday 7/23	Wednesday 7/24	Thursday 7/25	Friday 7/26
Main Course	Chinese Food Sweet & Sour Chicken	Pizza, Pizza, Pizza!	South Philly Steak Sandwiches on Italian Roll	Tacos (hard & soft shells)	Macaroni & Cheese
Side Dishes	Fried Rice, Egg Rolls, Dipping Sauces	Caesar Salad	Cheese, Hot Peppers & Pickles	Salsa, Cheese, Lettuce, Tomatoes, Onions	Tossed Salad
Desserts	Fresh Orange Slices	Birthday Cake Cone	Chocolate Cake	Lemon Cup Ice	Fudge Frenzy
Daily Alternatives	Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellogg's Nutri-Grain Bars, Low-Fat Cheese Sticks, Carrot Sticks, Hummus, Guacamole, Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yogurt, Nacho Cheese, Chips & Salsa, Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Krispies & Kix				
Snack	Pretzels	Animal Crackers	Cheez-Its	Vanilla Wafers	Fruit Snacks

Gluten Free Main Course	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey Dogs with GF Bun				
Gluten Free Desserts	Fresh Orange Slices	Cherry Cup Ice	Pretzels	Lemon Cup Ice	Fudge Frenzy
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks, GF Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF Breakfast Bars				
Gluten Free Snack	Glutino Pretzel Twists	Animal Crackers	Popcorn	Enjoy Life Honey Graham Cookies	Fruit Snacks

Vegetarian Main Course	Daily Choices: American Cheese, Gardein Chicken Breast, Lightlife Vegetarian Dog or Morningstar Veggie Burgers				
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Tall Pines Day Camp is a nut-free facility.

Week 6	Monday 7/29	Tuesday 7/30	Wednesday 7/31	Thursday 8/1	Friday 8/2
Main Course	Sloppy Joe Sandwiches	Chicken Fingers	Stuffed Shells	French Toast Sticks	Chicken Steaks
Side Dishes	Rolls, Potato Chips Fresh Fruit	Green Beans	Garlic Bread	Tater Tots	Rolls, Cheese, Potato Chips
Desserts	Orange Cup Ice	Fresh Fruit	Brown Cow Rich's Bar	Strawberry Éclair	Orange Creamsicle
Daily Alternatives	Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks, Carrot Sticks, Hummus, Guacamole, Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yogurt, Nacho Cheese, Chips & Salsa, Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Krispies & Kix				
Snack	Whole Grain Pop Tarts	Popcorn	Goldfish	Scooby Snacks	Oreo Cookies

Gluten Free Main Course	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey Dogs with GF Bun				
Gluten Free Desserts	Orange Cup Ice	Fresh Fruit	Brown Cow Rich's Bar	Cherry Cup Ice	Orange Creamsicle
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks, GF Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF Breakfast Bars				
Gluten Free Snack	Enjoy Life Breakfast Bar	Popcorn	String Cheese Sticks	Scooby Snacks	David's Brownies

Vegetarian Main Course	Daily Choices: American Cheese, Gardein Chicken Breast and Breast Strips, Lightlife Vegetarian Dog or Morningstar Veggie Burgers				
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Tall Pines Day Camp is a nut-free facility.

Week 7	Monday 8/5	Tuesday 8/6	Wednesday 8/7	Thursday 8/8	Friday 8/9
Main Course	Chicken Fajitas on Soft Tortilla Shells	Pizza! Pizza! Pizza!	Chicken Nuggets	Turkey Hoagies	Macaroni & Cheese
Side Dishes	Peppers and Onions, Shredded Cheese,Salsa	Tossed Salad	Carrots, Celery, Potato Chips	Italian Rolls, Lettuce, Tomato, Onion, Pickles, Potato Chips	Spinach Salad
Desserts	Lemon Cup Ice	Fresh Fruit	Cherry Cup Ice	Soft Pretzel	Cookie Crumble Cone
Daily Alternatives	Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks, Carrot Sticks, Hummus, Guacamole, Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yogurt, Nacho Cheese, Chips & Salsa, Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Krispies & Kix				
Snack	String Cheese Sticks	Animal Crackers	Vanilla Wafers	Cheezits	Pretzel

Gluten Free Main Course	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey Dogs with GF Bun				
Gluten Free Desserts	Lemon Ice Cup	Fresh Fruit	Cherry Cup Ice	Pretzels	Fudge Frenzy
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks, GF Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF Breakfast Bars				
Gluten Free Snack	String Cheese Sticks	Animal Crackers	Enjoy Life Honey Graham Cookies	Scooby Snacks	Glutino Pretzel Twists

Vegetarian Main Course	Daily Choices: American Cheese, Gardein Chicken Breast and Breast Strips, Lightlife Vegetarian Dog or Morningstar Veggie Burgers				
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Tall Pines Day Camp is a nut-free facility.

Week 8	Monday 8/12	Tuesday 8/13	Wednesday 8/14	Thursday 8/15	Friday 8/16
Main Course	Meatball Sandwiches	Grilled Cheese	Chicken Patties	Tortellini	BBQ Hamburgers
Side Dishes	Rolls, Mozzarella Sticks	Potato Chips	Potato Chips	Garlic Bread, Caesar Salad	Rolls, Cheese Slices, Baked Beans, Potato Chips, Pickles
Desserts	Ice Cream Sandwich	Fresh Fruit	Cherry Cup Ice	Chocolate Chip Cookies	Orange Creamsicle
Daily Alternatives	Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks, Carrot Sticks, Hummus, Guacamole, Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yogurt, Nacho Cheese, Chips & Salsa, Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Krispies & Kix				
Snack	Scooby Snacks	Oreos	Pretzels	Assorted Snacks	Snack Smorgasborg

Gluten Free Main Course	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey Dogs with GF Bun				
Gluten Free Desserts	Fudge Frenzy	Fresh Fruit	Cherry Cup Ice	Enjoy Life Cocoa Loco Chewy Bars	Orange Creamsicle
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks, GF Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF Breakfast Bars				
Gluten Free Snack	Scooby Fruit Snacks	David's Brownies	Glutino Pretzel Twists	Enjoy Life Graham Crackers	Snack Smorgasborg

Vegetarian Main Course	Daily Choices: American Cheese, Gardein Chicken Breast and Breast Strips, Lightlife Vegetarian Dog or Morningstar Veggie Burgers				
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