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	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey					
Main Course		Dogs with GF Bun				
Gluten Free	David's Brownies	Brown Cow Rich's Bar	Fudge Frenzy	Cherry Ice Cup		
Desserts	David's Brownies	DIOWII COW NICII S Dai	Watermelon	ruuge rielizy	cherry ice cup	
Daily Gluten	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,					
Free	Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF					
Alternatives	Breakfast Bars					
Gluten Free	Cluting Drotted Twists	Animal Crackors	David's Brownies	Enjoy Life Vanilla Honey	Coophy Fruit Charles	
Snack	Glutino Pretzel Twists	Animal Crackers	David's Brownies	Graham Crackers	Scooby Fruit Snacks	

Vegetarian	Daily Choices: American Cheese, Gardein Chicken Breast, Lightlife Vegetarian Dog or Morningstar Veggie Burgers
Main Course	Daily Choices. Afficical cheese, darden chicken bleast, lightine vegetarian bog of Wormingstal veggle burgers

Pagular Manu Chaisas	Cluton Fron Chaicas	Vagatarian Chaicas
Regular Menu Choices	Gluten Free Choices	Vegetarian Choices

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	Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yogur				lices, Bananas, Plums, Yogurt,
Snack	Oreo Cookies	String Cheese	Popcorn	CAMP CLOSED	Goldfish

Gluten Free	Daily Choices: Coleman Chi	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey				
Main Course		Dogs with GF Bun				
Gluten Free	Fresh Fresh				Charry Ica Cup	
Desserts	Fresh Fruit Fudge Bars Orange Ice Cup CAMP CLOSED Cherry Ice Cup					
Daily Gluten	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,					
Free	Sunflower Butter, Whole Apple	Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF				
Alternatives	Breakfast Bars					
Gluten Free	David's Praymics Departs String Chasse CAMD CLOSED Enjoy Life Proals				Enjoy Life Dreakfast Dars	
Snack	David's Brownies	Popcorn	String Cheese	CAMP CLOSED	Enjoy Life Breakfast Bars	

	Vegetarian	Daily Choices: American Cheese, Gardein Chicken Breast, Lightlife Vegetarian Dog or Morningstar Veggie Burgers
١	Main Course	Daily Choices. American cheese, dardem chicken breast, lightine vegetarian bog of Worthingstar veggie burgers

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	Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yogu				ices, Bananas, Plums, Yogurt,
Snack	Graham Crackers	Whole Grain Poptarts	Pretzels	String Cheese	No snack - CARNIVAL

Gluten Free Main Course	Daily Choices: Coleman Chi	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					
Daily Gluten Free	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					
Alternatives	Breakfast Bars					
Gluten Free	Enjoy Life Vanilla Honey Enjoy Life Soft Bake Clusting Protect Twists String Change No speek CARN				No snack - CARNIVAL	
Snack	Graham Crackers	Apple Bars	Glutino Pretzel Twists	String Cheese	NO SHACK - CARINIVAL	

I	Vegetarian	Daily Choices: American Cheese, Gardein Chicken Breast, Lightlife Vegetarian Dog or Morningstar Veggie Burgers
	Main Course	Daily Choices. American cheese, dardent chicken breast, Lightine vegetarian bog of Wormingstar veggie burgers

Regular Menu Choices	Gluten Free Choices	Vegetarian Choices
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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	Daily Choices: Coleman Chi	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey				
Main Course			Dogs with GF Bun			
Gluten Free	Chocolate Pudding	Lomon Ico Cun	Orango Croamsido	Charry Ica Cun	Fresh Fruit	
Desserts	Chocolate Pudding	Lemon Ice Cup Orange Creamsicle	Cherry Ice Cup	riesii riuit		
Daily Gluten	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,					
Free	Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF					
Alternatives	Breakfast Bars					
Gluten Free	Canabu Fruit Canalys	Ctring Chassa	Cluting Drotzel Twists	Davidle Provenice	Enjoy Life Honey Graham	
Snack	Scooby Fruit Snacks	String Cheese	Glutino Pretzel Twists	David's Brownies	Cookies	

Vegetarian	Daily Choices: American Cheese, Gardein Chicken Breast, Lightlife Vegetarian Dog or Morningstar Veggie Burgers
Main Course	Daily Choices. Afficical cheese, dardent chicken bleast, Lightlife vegetarian Dog of Worthingstar veggle burgers

Regular Menu Choices	Gluten Free Choices	Vegetarian Choices

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, 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	Cheez-Its	Vanilla Wafers	Fruit Snacks

(Gluten Free	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey				
N	/lain Course			Dogs with GF Bun		
(Gluten Free	Frach Orango Slicos	Charry Cun Ica	Pretzels	Loman Cun Ico	Fudge Frenzy
	Desserts	Fresh Orange Slices Cherry Cup Ice Pretzels Lemon Cup Ice Fudge Frer				
D	Daily Gluten	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,				
	Free	Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF				
Δ	Alternatives	Breakfast Bars				
(Gluten Free	Cluting Protect Twists	Animal Crackors	Doncorn	Enjoy Life Honey	Fruit Charles
	Snack	Glutino Pretzel Twists	Animal Crackers	Popcorn	Graham Cookies	Fruit Snacks

Vegetarian	Daily Choices: American Cheese, Gardein Chicken Breast, Lightlife Vegetarian Dog or Morningstar Veggie Burgers
Main Course	Built Stronger American Street, Strate Street, Element Active Control of the Milliant Street,

Pagular Manu Chaicas	Glutan Frag Chaicas	Vegetarian Choices
Regular Menu Choices	Gluten Free Choices	Vegetarian Choices

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	Daily Choices: Coleman Chi	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey				
Main Course		Dogs with GF Bun				
Gluten Free	Orango Cun Ico					
Desserts	Orange Cup Ice Fresh Fruit Brown Cow Rich's Bar Cherry Cup Ice Orange Creamsicle					
Daily Gluten	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,					
Free	Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF					
Alternatives	Breakfast Bars					
Gluten Free	Enjoy Life Popcorn String Cheese Sticks Scooby Snacks David's Brownies					
Snack	Breakfast Bar	Popcorn	String Cheese Sticks	Scooby Snacks	Daviu's Brownies	

Vegetarian	Daily Choices: American Cheese, Gardein Chicken Breast and Breast Strips, Lightlife Vegetarian Dog or Morningstar Veggie Burgers
Main Course	bully choices. Afficilitati cheese, duracin chicken breast and breast strips, Eightine vegetarian bog or Morningstar vegete bargers

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	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey				
Main Course	Dogs with GF Bun				
Gluten Free	Loman Isa Cun	Fresh Fruit	ruit Chrerry Cup Ice	Pretzels	Fudge Frenzy
Desserts	Lemon Ice Cup	riesii riuit			
Daily Gluten	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,				
Free	Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF				
Alternatives	Breakfast Bars				
Gluten Free	Chuina Chanas Chialia	Amironal Cun also vo	Enjoy Life Honey	Canaba Canaba	Cluting Drotes Turista
Snack	String Cheese Sticks	Animal Crackers	Graham Cookies	Scooby Snacks	Glutino Pretzel Twists

	Vegetarian	Daily Choices: American Cheese, Gardein Chicken Breast and Breast Strips, Lightlife Vegetarian Dog or Morningstar Veggie Burgers
ı	Main Course	bully choices. Afficilitati cheese, dardent chicken breast and breast strips, Eightine vegetarian bog of Morningstar vegete bargers

Pagular Manu Chaises	Cluton Fron Chaicas	Vagatarian Chaicas
Regular Menu Choices	Gluten Free Choices	Vegetarian Choices

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	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey				
Main Course		Dogs with GF Bun			
Gluten Free	Fudgo Fronzy	Fresh Fruit	Enjoy Life Cocoa Loco Chewy	Orange Creamsicle	
Desserts	Fudge Frenzy	riesii riuit	Cherry Cup Ice	Bars	Orange Creamsicle
Daily Gluten	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,				
Free	Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF				
Alternatives	Breakfast Bars				
Gluten Free	Canabu Fruit Charles	Davidle Province	Cluting Drota of Twists	Enjoy Life Craham Crackers	Charle Cmargachara
Snack	Scooby Fruit Snacks	David's Brownies	Glutino Pretzel Twists	Enjoy Life Graham Crackers	Snack Smorgasborg

	Vegetarian	Daily Choices: American Cheese, Gardein Chicken Breast and Breast Strips, Lightlife Vegetarian Dog or Morningstar Veggie Burgers
١	Main Course	Duny endices. American enecese, duraem emoken breast and breast strips, Eightine vegetarian bog or Morningstar veggie bargers