Tall Pines Day Camp - 2025

Week 1	Monday 6/23	Tuesday 6/24	Wednesday 6/25	Thursday 6/26	Friday 6/27
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	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	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 C	ourse	Dogs with GF Bun						
Gluter	n Free	David's Brownies	David's Brownies Brown Cow Rich's Bar Watermelon Fudge Frenzy Cherry Ice Cup					
Dess	erts	Daviu S Brownies	Fudge Frenzy	Cherry Ice Cup				
Daily G	iluten	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,						
Fre	ee	Sunflower Butter, Whole Apples, Apple Slices, Bananas, Oranges, Orange Slices, Plums, Yogurt, Hummus, Nacho Cheese & Chips, Salsa, Cereals - Cheerios, Kix, GF						
Alterna	atives	Breakfast Bars						
Gluten	Free	Cluting Brotzel Twists	Animal Crackors	De ille Bee eine	Enjoy Life Vanilla Honey	Coophy Fruit Charles		
Sna	ck	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. American cheese, Gardeni Chicken Dreast, Lightlife Vegetarian Dog of Worthingstar Veggle Burgers

Regular Menu Choices	Gluten Free Choices	Vegetarian Choices
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Week 2	Monday 6/30	Tuesday 7/1	Wednesday 7/2	Thursday 7/3	Friday 7/4
Main Course	Tortellini	Corned Beef Special with Rye Bread	French Toast	A Camper Favorite! Pizza	CAMP CLOSED
Side Dishes	Caesar Salad Garlic Bread	American Cheese, Cole Slaw, Potato Salad, Margarine, Cream Cheese	Margarine, Cream Cheese &	Spinach Salad	CAMP CLOSED
Desserts	Fresh Fruit	Orange Ice Cup	Crumble Cookie Cone	Ice Cream Sandwich	CAMP CLOSED
Daily Alternatives	Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yo				lices, Bananas, Plums, Yogurt,
Snack	Oreo Cookies	Popcorn	String Cheese	Goldfish	CAMP CLOSED

Gluter	n 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					
Gluter	n Free	Fresh Fruit	Fresh Fruit Fudge Bars Orange Ice Cup Cherry Ice Cup CAMP CLOSED					
Dess	erts	Fresh Fruit Fudge Bars Orange Ice Cup Cherry Ice Cup CAMP C						
Daily 0	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,						
Fre	ee	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					
Altern	atives	Breakfast Bars						
Gluter	n Free	David's Province	Doncorn	Chaire Chaire	Fuller Life Dunelifest Dave	CANAD CLOSED		
Sna	ack	David's Brownies	Popcorn	String Cheese	Enjoy Life Breakfast Bars	CAMP CLOSED		

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

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E	en Free Choices Vege

W	eek 3	Monday 7/7	Tuesday 7/8	Wednesday 7/9	Thursday 7/10	Friday 7/11
Mai	in Course	Tacos (hard & soft shells)	Stuffed Shells	Chicken Pattie on a bun	Chinese Food Sweet & Sour Chicken	Pretzel Dogs
Sid	e Dishes	Salsa, Cheese, Lettuce, Tomatoes, Onions	Garlic Bread Caesar Salad	Cheese, Rolls, Potato Chips	Fried Rice, Egg Rolls, Dipping Sauces	Cole Slaw, Potato Salad
D	esserts	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, Car Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Nacho Cheese, Chips & Salsa, Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice K			Apple Slices, Oranges, Orange Sl	ices, Bananas, Plums, Yogurt,		
	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	Grapes	Rainbow Polar Pole	Fresh Orange Slices	Enjoy Life Chocolate Chip Cookies	
	Daily Gluten Free	The state of the s	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 Snack	Enjoy Life Vanilla Honey Graham Crackers	Enjoy Life Soft Bake Apple Bars	Glutino Pretzel Twists	String Cheese	No snack - CARNIVAL	

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 Worthingstar veggle burgers

Regular Menu Choices Gluten Free Choices Vegetarian Cho	oices
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Week 4	Monday 7/14	Tuesday 7/15	Wednesday 7/16	Thursday 7/17	Friday 7/18
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	Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yogurt,				ices, Bananas, Plums, Yogurt,
Snack	Scooby Fruit Snacks	String Cheese	Soft Pretzels	Oreos	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				
N	Main Course	Dogs with GF Bun				
(Gluten Free	Chasalata Budding	Lemon Ice Cup	Rainbow Polar Pole	Charry Ica Cup	Fresh Fruit
	Desserts	Chocolate Pudding	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				
A	Alternatives	Breakfast Bars				
(Gluten Free	Scooby Fruit Snacks String Cheese Glutino Pretzel Twists David's Brownies Enjoy Life Honey Graha				
	Snack	Scooby Fruit Snacks	String Cheese	Giutilio Pretzei Twists	Daviu's Brownies	Cookies

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 Worthingstar veggie burgers

Regular Menu Choices Gluten Free Choices Vegetarian Choices

Week 5	Monday 7/21	Tuesday 7/22	Wednesday 7/23	Thursday 7/24	Friday 7/25
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					
Main Course	Dogs with GF Bun					
Gluten Free	ee Frank Overse Sliese Charma Gun lee Brotesle Lewes Gun lee					
Desserts	Fresh Orange Slices Cherry Cup Ice Pretzels Lemon Cup Ice Fudge Frenzy					
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 Protect Twists Animal Creekers Bangara Enjoy Life Honey					
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	Daily Choices. American cheese, darden chicken breast, lightine vegetarian bog or worningstar veggle burgers

Regular Menu Choices	Gluten Free Choices	Vegetarian Choices	ì
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Week 6	Monday 7/28	Tuesday 7/29	Wednesday 7/30	Thursday 7/31	Friday 8/1
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	Soft Pretzel
Daily Alternatives	Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yogu				lices, Bananas, Plums, Yogurt,
Snack	Whole Grain Pop Tarts	Popcorn	Goldfish	Oreo Cookies	Scooby 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					
Main Course		Dogs with GF Bun				
Gluten Free	Orange Com Lea					
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 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	Enjoy Life String Chasse Sticks David's Province Seachy Specks					
Snack	Breakfast Bar	The string Cheese Sticks I David's Brownies I Scooby Snacks I				

Ĭ	Vegetarian	Daily Choices: American Cheese, Gardein Chicken Breast and Breast Strips, Lightlife Vegetarian Dog or Morningstar Veggie Burgers
	Main Course	Daily Choices. American cheese, dardent emeken breast and breast strips, Lightine vegetarian bog of Morningstal veggie bargers

Regular Menu Choices	Gluten Free Choices	Vegetarian Choices
Regular Wicha Choices	Glatell Free Choices	l Acectarian Choices

Week 7	Monday 8/4	Tuesday 8/5	Wednesday 8/6	Thursday 8/7	Friday 8/8
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	Orange Creamsicle	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 F	Free	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey					
Main Co	urse	Dogs with GF Bun					
Gluten	Free	Lomon Ico Cun	Pretzels	Fudge Frenzy			
Desser	rts	Lemon Ice Cup Fresh Fruit Chrerry Cup Ice Pretzels Fudg					
Daily Glu	uten	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					
Free	:						
Alternat	tives						
Gluten F	Free	Ctring Change Cticks	Animal Crackors	Enjoy Life Honey	Conchu Crooks	Clusting Duestral Turista	
Snacl	k	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
Main Course	Duny choices. American cheese, durdent chicken breast and breast strips, Lightine vegetarian bog or Morningstar veggle bargers

Regular Menu Choices Gluten Free Choices Vegetarian Choices		
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Week 8	Monday 8/11	Tuesday 8/12	Wednesday 8/13	Thursday 8/14	Friday 8/15
Main Course	Meatball Sandwiches	Grilled Cheese	Chicken Patties	Tortellini	BBQ Hamburgers
Side Dishes	Rolls, Mozzarella Sticks	Potato Chips	Rolls 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	No Snack

Gluten I	Free	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey					
Main Co	urse	Dogs with GF Bun					
Gluten	Free	Fudge Frenzy Fresh Fruit Cherry Cup Ice Enjoy Life Cocoa Loco Chewy Orange Creamsicle					
Dessei	rts	Fudge Frenzy Fresh Fruit Cherry Cup Ice Bars Orange Creamsicle					
Daily Glo	uten	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					
Alternat	tives	Breakfast Bars					
Gluten I	Free	Scooby Fruit Snacks David's Brownies Glutino Pretzel Twists Enjoy Life Graham Crackers No Snack					
Snac	k	Scoopy Fruit Stracks	David's Brownies	Giutilio Pretzei Twists	Elijoy Life Graffalli Crackers	NO SHACK	

Vegetarian	Daily Choices: American Cheese, Gardein Chicken Breast and Breast Strips, Lightlife Vegetarian Dog or Morningstar Veggie Burgers
Main Course	buny endices. American enecese, dardent enteken breast and breast strips, Lightine vegetarian bog of Morningstar veggie bargers

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Regular Menu Choices	Gluten Free Choices	Vegetarian Choices