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	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 Ch	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	David's Brownies Brown Cow Rich's Bar Watermelon Fudge Frenzy Cherry Ice Cup				
Desserts	David's Brownies Brown Cow Rich's Bar Watermelon Fudge Frenzy Cherry					
Daily Gluten	Block and Barrel Turkey Brea	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	Cluting Protect Twists Animal Crackers		Davidle Brewnies	Enjoy Life Vanilla Honey	Coooby Fruit Coools	
Snack	Glutino Pretzel Twists	Animal Crackers	David's Brownies	Graham Crackers	Scooby Fruit Snacks	

Ī	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 Worthingstal 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, Pickles, Chips, Russian Dressing	Tater Tots, Syrup, Margarine, Cream Cheese & Jelly	Spinach Salad	CAMP CLOSED
Desserts	Fresh Fruit	Cotton Candy Ice	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				ices, Bananas, Plums, Yogurt,
Snack	Oreo Cookies	Popcorn	String Cheese	Goldfish	CAMP CLOSED

Gluten Free	Daily Choices: Coleman Ch	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 Fruit	Freely Fruit Control Constitutes Occurred to Constitute Charmy to Constitute				
Desserts	Fresh Fruit Cotton Candy Ice Orange Ice Cup Cherry Ice Cup CAMP CLOSED					
Daily Gluten	Block and Barrel Turkey Brea	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 Prounics Change Change Friend life Propletest Park CAMP CLOSED					
Snack	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, dardent chicken breast, lightine vegetarian bog of Wormingstal veggle burgers

Week	3 Monday 7/7	Tuesday 7/8	Wednesday 7/9	Thursday 7/10	Friday 7/11	
Main Cou	Tacos (hard & soft shells)	Stuffed Shells	Chicken Pattie on a bun	Chinese Food Sweet & Sour Chicken	Pretzel Dogs	
Side Dish	Salsa, Cheese, Lettuce, Tomatoes, Onions	Garlic Bread Caesar Salad	Cheese, Rolls, Potato Chips	Fried Rice, Egg Rolls, Dipping Sauces	Cole Slaw, Potato Salad	
Dessert	Lemon Cup Ice	Grapes	Rainbow Polar Pole	Fresh Orange Slices	Chocolate Chip Cookies	
Daily Alternativ	Hard Boiled Eggs, Bagels wit	Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks, Carrot Sticks, Hummus, Guacamol Hard Boiled Eggs, Bagels with Cream Cheese, Butter or Jelly, Sunflower Butter, Whole Apples, Apple Slices, Oranges, Orange Slices, Bananas, Plums, Yoguri 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	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				
Course		Dogs with GF Bun				
Gluten Free	Loman Cun Ica	Laman Gun las Crancs Reinhau R				
Desserts	Lemon Cup Ice	Grapes	Rainbow Polar Pole	Fresh Orange Slices	Cookies	
Daily Gluten	Block and Barrel Turkey Brea	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 Vanilla Honey Enjoy Life Soft Bake Chains Brotes Twists String Change No speck CAN					
Snack	Graham Crackers	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 Wormingstal veggle burgers

Regular Menu Choices Gluten Free Choices Vegetarian Choices	
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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	Crumble Cookie Bar	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				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					
Main Course			Dogs with GF Bun			
Gluten Free	Chocolate Pudding Lemon Ice Cup Rainbow Polar Pole Cherry Ice Cup Fresh Fruit					
Desserts	Chocolate Pudding	Cherry Ice Cup	Fresh Fruit			
Daily Gluten	Block and Barrel Turkey Brea	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				
Free	Sunflower Butter, Whole Apple					
Alternatives	Breakfast Bars					
Gluten Free	Scooby Fruit Snacks String Cheese Glutino Pretzel Twists David's Bro				Enjoy Life Honey Graham	
Snack	Scooby Fruit Snacks	David'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 Wormingstal veggle burgers

Regular Menu Choices	Gluten Free Choices	Vegetarian Choices	ĺ
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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	Choc. Cookie Crunch Bar	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

Gluter	r 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 C	Course			Dogs with GF Bun				
Gluter	n Free	Fresh Overes Slices Charmy Core les Destrole Level Core les Fredes Frances						
Dess	erts	Fresh Orange Slices Cherry Cup Ice Pretzels Lemon Cup Ice Fudge Fr						
Daily G	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					
Alterna	atives	Breakfast Bars						
Gluter	r Free	Cluting Protect Twists Animal Crackers Bancorn Enjoy Life Honey				Fruit Snacks		
Sna	ack	Glutino Pretzel Twists	Animal Crackers	Popcorn	Graham Cookies	FIUIL SHACKS		

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 Choices	;	
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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	Cool Watermelon Ice	Fresh Fruit	Brown Cow Rich's Bar	Strawberry Éclair	Soft Pretzel
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				ices, Bananas, Plums, Yogurt,
Snack	Whole Grain Pop Tarts	Popcorn	Goldfish	Oreo Cookies	Scooby Snacks

Gluten Free	Daily Choices: Coleman Ch	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	Cool Watermelon Ice Fresh Fruit Brown Cow Rich's Bar Cherry Cup Ice Orange Creamsicle						
Desserts	Cool Watermelon Ice	riesii riuit	Brown Cow Rich's Bar	Cherry Cup Ice	Orange Creamsicle		
Daily Gluten	Block and Barrel Turkey Brea	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					
Free	Sunflower Butter, Whole Apple						
Alternatives		Breakfast Bars					
Gluten Free	Enjoy Life String Chasse Sticks David's Prounice Season Special Specia						
Snack	Breakfast Bar	Popcorn String Cheese Sticks David's Brownies Scooby Snacks					

Vegetarian	Daily Choices: American Cheese, Gardein Chicken Breast and Breast Strips, Lightlife Vegetarian Dog or Morningstar Veggie Burgers
Main Course	Duny Choices. American cheese, darden chicken breast and breast strips, Lightine vegetarian bog of Morningstal vegete bargers

Regular Menu Choices Gluten Free Choices Vegetarian Choices	
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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	Vanilla Cup	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	Chrerry Cup Ice	Vanilla Cun	Fudgo Fronzy
Desserts	Lemon Ice Cup	Fresii Fruit	Chreffy Cup ice	Vanilla Cup	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	String Cheese Sticks	Animal Crackers	Enjoy Life Honey	Canaba Canaba	Cluting Brotrol Turists
Snack			Graham Cookies	Scooby Snacks	Glutino Pretzel Twists

Vegetarian	Daily Chaines, American Chasse, Cardein Chicken Breast and Breast String Lightlife Vegetarian Deg or Merningster Veggie Burgers
Main Course	Daily Choices: American Cheese, Gardein Chicken Breast and Breast Strips, Lightlife Vegetarian Dog or Morningstar Veggie Burgers

Regular Menu Choices	Gluten Free Choices	Vegetarian Choices

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 Free	Daily Choices: Coleman Ch	Daily Choices: Coleman Chicken Fingers or Chicken Nuggets, Brown Rice Pasta with choice of Red Sauce or Cheese, Grilled Chicken Breast, Turkey				
Main Cours		Dogs with GF Bun				
Gluten Free	Fudgo Fronzy	Fresh Fruit	Charry Cup Ica	Enjoy Life Cocoa Loco Chewy	Orango Croamsislo	
Desserts	Fudge Frenzy	Fresh Fruit	Cherry Cup Ice	Bars	Orange Creamsicle	
Daily Gluter	Block and Barrel Turkey Brea	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				
Alternative	Breakfast Bars					
Gluten Free	Scoopy Fruit Spacks	David's Brownies	Glutino Pretzel Twists	Enjoy Life Graham Crackers	No Snack	
Snack	Scooby Fruit Snacks	David 2 Brownies	Giutino Pretzer Twists	Enjoy Life Granam Crackers	INO STIACK	

Vegetarian	Daily Choices: American Cheese, Gardein Chicken Breast and Breast Strips, Lightlife Vegetarian Dog or Morningstar Veggie Burgers
Main Course	Duny choices. American effects, dandern effects and breast strips, Lightine vegetarian bog of Morningstal veggie bargers

Regular Menu Choices	Gluten Free Choices	Vegetarian Choices	
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