

Tall Pines Day Camp - 2026

Week 1	Monday 6/29	Tuesday 6/30	Wednesday 7/1	Thursday 7/2	Friday 7/3
Main Course	Chicken Patties on a bun	Macaroni & Cheese	DJ Lunch!! Camp Cookout! Turkey Hot Dogs	Cold Turkey on a Bun	CLOSED for Holiday
Side Dishes	Green Beans, Potato Chips	Caesar Salad	Baked Beans, Sauerkraut, Fixins', Potato Chips, Pickles	Sliced Cheese, Lettuce & Tomato	CLOSED for Holiday
Desserts	Chocolate Cake	Rich's Bar Brown Cow	Birthday Cake Cone	Watermelon	CLOSED for Holiday
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 & Rice Chex				
Snack	Pretzels	Animal Crackers	Oreos	Vanilla Wafers	CLOSED for Holiday

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	Rich's Bar Brown Cow	Fudge Frenzy	Watermelon	CLOSED for Holiday
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, Rice Chex, GF Breakfast Bars				
Gluten Free Snack	Glutino Pretzel Twists	Animal Crackers	David's Brownies	Enjoy Life Vanilla Honey Graham Crackers	CLOSED for Holiday

Vegetarian Main Course	Daily Choices: American Cheese, Chicken Breast, Vegetarian Dog or 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 7/6	Tuesday 7/7	Wednesday 7/8	Thursday 7/9	Friday 7/10
Main Course	Tortellini	Corned Beef Special with Rye Bread	Meatball sandwiches	French Toast	A Camper Favorite! Pizza
Side Dishes	Caesar Salad Garlic Bread	American Cheese, Cole Slaw, Potato Salad, Pickles, Chips, Russian Dressing	Mozzarella Sticks	Tater Tots, Syrup, Margarine, Cream Cheese & Jelly	Spinach Salad
Desserts	Fresh Fruit	Cotton Candy Ice	Surprise!!!	Crumble Cookie Cone	Vanilla Ice Cream Sandwich
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 & Rice Chex				
Snack	Oreo Cookies	Chat Snax	String Cheese	Goldfish	Pretzels

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	Cotton Candy Ice	Orange Ice Cup	Cherry Ice Cup	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, Rice Chex, GF Breakfast Bars				
Gluten Free Snack	David's Brownies	Popcorn	String Cheese	Enjoy Life Breakfast Bars	Glutino Pretzel Twists

Vegetarian Main Course	Daily Choices: American Cheese, Chicken Breast, Vegetarian Dog or 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 3	Monday 7/13	Tuesday 7/14	Wednesday 7/15	Thursday 7/16	Friday 7/17
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	Fudge Frenzy	Grapes	Orange Creamsicle	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 & Rice Chex				
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	Fudge Frenzy	Grapes	Orange Creamsicle	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, Rice Chex, 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, Chicken Breast, Vegetarian Dog or 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 4	Monday 7/20	Tuesday 7/21	Wednesday 7/22	Thursday 7/23	Friday 7/24
Main Course	Chicken Nuggets	Grilled Cheese	Grilled Chicken Breast	Sloppy Joes	Chicken Fajitas on Soft Tortilla Shells
Side Dishes	Carrots, Celery, Potato Chips	Potato Chips	Buns, Tomato, Onion, Lettuce, Various Sauces, Cheese, Pasta Salad	Mozzarella Cheese Sticks	Peppers and Onions, Shredded Cheese, Salsa
Desserts	Chocolate Pudding	Strawberry Éclair	Polar Pole Ice	Fresh Fruit	Cool Watermelon Ice
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 & Rice Chex				
Snack	String Cheese	Scooby Fruit Snacks	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	Polar Pole Ice	Fresh Fruit	Cool Watermelon Ice
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, Rice Chex, GF Breakfast Bars				
Gluten Free Snack	String Cheese	Scooby Fruit Snacks	Glutino Pretzel Twists	David's Brownies	Enjoy Life Honey Graham Cookies

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

Week 5	Monday 7/27	Tuesday 7/28	Wednesday 7/29	Thursday 7/30	Friday 7/31
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	Cookies & Cream Sandwich	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 & Rice Chex				
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 Ice Cup	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, Rice Chex, 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, Chicken Breast, Vegetarian Dog or Veggie Burgers				
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Tall Pines Day Camp is a nut-free facility.

Week 6	Monday 8/3	Tuesday 8/4	Wednesday 8/5	Thursday 8/6	Friday 8/7
Main Course	Sloppy Joe Sandwiches	Chicken Fingers	Stuffed Shells	French Toast Sticks	Chicken Steaks
Side Dishes	Rolls, Potato Chips Fresh Fruit	Tossed Salad Green Beans	Garlic Bread	Tater Tots	Rolls, Cheese, Potato Chips
Desserts	Cotton Candy Ice	Fresh Fruit	Rich's Bar Brown Cow	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 & Rice Chex				
Snack	Whole Grain Pop Tarts	Scooby Cinnamon Sticks	Goldfish	Oreo Cookies	Scooby 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	Cotton Candy Ice	Fresh Fruit	Rich's Bar Brown Cow	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, Rice Chex, GF Breakfast Bars				
Gluten Free Snack	Enjoy Life Breakfast Bar	Popcorn	String Cheese Sticks	David's Brownies	Scooby Snacks

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

Week 7	Monday 8/10	Tuesday 8/11	Wednesday 8/12	Thursday 8/13	Friday 8/14
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	Cool Watermelon Ice	Cookies & Cream Sandwich	Cookie Crumble Cone
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 & Rice Chex				
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	Cool Watermelon Ice	Orange Creamsicle	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, Rice Chex, 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, Chicken Breast, Vegetarian Dog or Veggie Burgers				
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Tall Pines Day Camp is a nut-free facility.

Week 8	Monday 8/17	Tuesday 8/18	Wednesday 8/19	Thursday 8/20	Friday 8/21
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	Vanilla Ice Cream Sandwich	Fresh Fruit	Cherry Polar Pole 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 & Rice Chex				
Snack	Scooby Snacks	Oreos	Pretzels	Assorted Snacks	No Snack

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	Polar Pole 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, Rice Chex, GF Breakfast Bars				
Gluten Free Snack	Scooby Fruit Snacks	David's Brownies	Glutino Pretzel Twists	Enjoy Life Graham Crackers	No Snack

Vegetarian Main Course	Daily Choices: American Cheese, Chicken Breast, Vegetarian Dog or Veggie Burgers				
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Regular Menu Choices	Gluten Free Choices	Vegetarian Choices
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