

Tall Pines Day Camp

Week 1	Monday 6/22	Tuesday 6/23	Wednesday 6/24	Thursday 6/25	Friday 6/26
Main Course	Chicken Fingers	Macaroni & Cheese	Hot & Cold Turkey on a Bun	French Toast	DJ Lunch!! Camp Cookout! Turkey Hot Dogs
Side Dishes	Dipping Sauces, String Beans	Caesar Salad	Sliced Cheese, Lettuce & Tomato	Tater Tots, Syrup, Margarine, Cream Cheese & Jelly	Baked Beans, Sauerkraut, Fixins', Potato Chips, Pickles
Desserts	Cake	Brown Cow Ice Cream Bars	Vanilla Pudding	Watermelon	Ice Pops
Daily Alternatives	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
Snack	Pretzels	Animal Crackers	Scooby Fruit Snacks	Vanilla Wafers	String Cheese Sticks

Gluten Free Main Course	Coleman Chicken Fingers	New Life Macaroni & Cheese	Block and Barrel Turkey	Van's French Toast	Turkey Dogs, GF Potato Chips
Gluten Free Desserts	Enjoy Life Coco Loco Bars	Brown Cow Ice Cream Bars	Watermelon	Vanilla Pudding	Ice Pops
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers, Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
Gluten Free Snack	Glutino Pretzel Twists	Annie's Animal Crackers	Vanilla Pudding	Enjoy Life Honey Graham Crackers	String Cheese Sticks

Vegetarian Main Course	Daily Choices: Gordon Pro Breast Strips, Yves 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

Week 2	Monday 6/29	Tuesday 6/30	Wednesday 7/1	Thursday 7/2	Friday 7/3
Main Course	A Camper Favorite!! Pizza	Chicken Patties on a bun	Corned Beef Special with Rye Bread	Viva Mexico! Tacos	Camp Closed!
Side Dishes	Antipasto Salad	Green Beans	Cole Slaw, Potato Salad, Pickles, Chips, Russian Dressing	Salsa, Cheese, Lettuce, Tomato & Onion	Camp Closed!
Desserts	Orange Cream Bars	Fresh Fruit	Brown Cow Ice Cream Bars	Red, White & Blue Twin Pops	Camp Closed!
Daily Alternatives	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
Snack	Popcorn Tail Mix	Graham Crackers Bug Bites	Whole Grain Pop Tarts	Oreo Cookies	Camp Closed!

Gluten Free Main Course	UDI's GF Pizza	Coleman Chicken Nuggets	Corned Beef Specials with GF Bread	Tacos with Corn Tortillas	Camp Closed!
Gluten Free Desserts	Orange Cream Bars	Fresh Fruit	Brown Cows Ice Cream Bars	Red, White & Blue Twin Pops	Camp Closed!
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers, Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
Gluten Free Snack	Popcorn Trail Mix	Scooby Fruit Snacks	Breakfast Bars	Enjoy Life Chocolate cookies	Camp Closed!

Vegetarian Main Course	Daily Choices: Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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Week 3	Monday 7/6	Tuesday 7/7	Wednesday 7/8	Thursday 7/9	Friday 7/10
Main Course	Crispy Southern Fried Chicken	Tortellini	Chicken Fajitas on Soft Tortilla Shells	Pulled BBQ Chicken	South Philly Steak Sandwiches on Italian Roll
Side Dishes	Cole Slaw, Carrots, Celery, Potato Chips	Garlic Bread	Peppers, Onions, Shredded Cheese, Tomatoes, Salsa, Sour Cream	Potato Chips	Cheese, Onions, Hot Peppers & Pickles
Desserts	Make Your Own Sundaes	Fresh Fruit	Orange Cream Bars	Fresh Fruit, Soft Pretzels	Chocolate Chip Cookies
Daily Alternatives	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
Snack	Graham Crackers	Whole Grain Pop Tarts	String Cheese Sticks	Cheez-its	Pretzel Rods

Gluten Free Main Course	Coleman Chicken Fingers	Nu Life Penne in Tomato Sauce	Chicken Fajitas with Corn Tortillas	Pulled BBQ Chicken	South Philly Steak Sandwich onGF Bread
Gluten Free Desserts	Twin Pops or Ice Cream Cups	Fresh Fruit	Orange Cream Bars	Fresh Fruit, Pretzels	Enjoy Life Snickerdoodle Cookies
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers, Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
Gluten Free Snack	Schar Graham Crackers	Breakfast Bars	String Cheese Sticks	Cheez-its	Glutino Pretzels Twists

Vegetarian Main Course	Daily Choices: Sliced Turkey, American Cheese, Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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Week 4	Monday 7/13	Tuesday 7/14	Wednesday 7/15	Thursday 7/16	Friday 7/17
Main Course	Grilled Cheese	Veal Parmigiana Patties	Grilled Chicken Breast	Meatball Sandwiches	King Neptune Day! Fish Sticks
Side Dishes	Carrots, Celery, Potato Chips	Round Rolls, Tater Tots	Buns, Tomato, Onion, Lettuce, Various Sauces, Cheese, Pasta Salad	Italian Rolls, Mozzarella Cheese Sticks, Veggies	Green Beans
Desserts	Chocolate Pudding	Brown Cow Ice Cream Bar	Watermelon	Water Ice	Creamsicles
Daily Alternatives	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellogg's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
Snack	Scooby Fruit Snacks	Popcorn Trail Mix	Pretzels	Oreos	Vanilla Wafers

Gluten Free Main Course	Grilled Cheese on GF Bread	Chicken Nuggets	Grilled Chicken Breast on GF Bread	Meatloaf with Gravy, Mashed Potatoes & Carrots	Ian's Fish Sticks
Gluten Free Desserts	Chocolate Pudding	Brown Cow ice Cream Bar	Watermelon	Water Ice	Creamsicles
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers, Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
Gluten Free Snack	Scooby Fruit Snacks	Popcorn	Glutino Pretzel Twists	Enjoy Life Double Chocolate Cookies	Enjoy Life Honey Graham Crackers

Vegetarian Main Course	Daily Choices: Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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Week 5	Monday 7/20	Tuesday 7/21	Wednesday 7/22	Thursday 7/23	Friday 7/24
Main Course	Chinese Food Sweet & Sour Chicken	Pizza, Pizza, Pizza!	Macaroni & Cheese	Pretzel Dogs	Crispy Southern Fried Chicken
Side Dishes	Fried Rice, Egg Rolls, Dipping Sauces	Tossed Salad	Caesar Salad	Cole Slaw, Potato Salad	Carrots, Celery
Desserts	Fresh Orange Slices	Ice Cream Sandwiches	Ice Cream Cups	Watermelon	Soft Pretzels
Daily Alternatives	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
Snack	Pretzels	Animal Crackers	Fruit Snacks	String Cheese Snacks	Vanilla Wafers

Gluten Free Main Course	Chicken Strips	UDI's Pizza, Pizza, Pizza	New Life Macaroni & Cheese	Turkey Dogs	Chicken Strips
Gluten Free Desserts	Fresh Orange Slices	Ice Cream Cups/Twin Pops	Ice Cream Cups	Watermelon	Glutino Pretzel Twists
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers, Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
Gluten Free Snack	Glutino Pretzel Twists	KinniKritters Animal Crackers	Fruit Snacks	String Cheese Snacks	Enjoy Life Honey Graham Crackers

Vegetarian Main Course	Daily Choices: Sliced Turkey, American Cheese, Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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Tall Pines Day Camp

Week 6	Monday 7/27	Tuesday 7/28	Wednesday 7/29	Thursday 7/30	Friday 7/31
Main Course	Stuffed Shells	Chicken Nuggets	Wake Up!!!! Breakfast for Lunch French Toast	Soft Shell Tacos	Chicken Steaks
Side Dishes	Garlic Bread, Antipasto Salad	Green Beans	Tater Tots, Syrup, Margarine, Assorted Milks and Juices	Salsa, Cheese, Lettuce, Tomatoes, Onions	Rolls, Cheese, Onions, Hot Peppers, Potato Chips
Desserts	Italian Water Ice	Fresh Fruit	Chocolate Éclair Bars	Watermelon	Twin Pops
Daily Alternatives	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
Snack	Whole Grain Pop Tarts	Popcorn Trail Mix	String Cheese Sticks	Scooby Snacks	Oreo Cookies

Gluten Free Main Course	New Life Penne with Tomato Sauce	Coleman Chicken Strips	Ian's French Toast	UDI's Soft Shell Tacos	Chicken Steaks
Gluten Free Desserts	Italian Water Ice	Fresh Fruit	Ice Cream Cups	Watermelon	Twin Pops
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers, Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
Gluten Free Snack	Pop Tarts	Popcorn	String Cheese Sticks	Scooby Snacks	Enjoy Life Double Chocolate Cookies

Vegetarian Main Course	Daily Choices: Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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Week 7	Monday 8/3	Tuesday 8/4	Wednesday 8/5	Thursday 8/6	Friday 8/7
Main Course	Sloppy Joe Sandwiches	Pizza! Pizza! Pizza!	Chicken Fajitas on Soft Tortilla Shells	Super Hoagies	Macaroni & Cheese
Side Dishes	Rolls, Potato Chips, Fresh Fruit	Tossed Salad	Peppers and Onions, Shredded Cheese, Lettuce, Tomato, Salsa, Sour Cream	Italian Rolls, Lettuce, Tomato, Onion, Peppers, Pickles, Potato Chips	Tossed Salad
Desserts	Orange Cream Bars	Brownies	Twin Pops	Ice Cream Cups	Fresh Fruit
Daily Alternatives	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellog's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
Snack	String Cheese Sticks	Animal Crackers	Vanilla Wafers	Cheezits	Pretzel Rods

Gluten Free Main Course	Sloppy Joe Sandwiches on GF Rolls	UDI's Pizza! Pizza! Pizza!	Chicken Fajitas on UDI's Tortilla Wraps	Hoagies on Schar GF Bread	New Life Macaroni & Cheese
Gluten Free Desserts	Orange Cream Bars	Enjoy Life Cocoa Chewy Bars	Twin Pops	Ice Cream Cups	Fresh Fruit
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers, Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
Gluten Free Snack	String Cheese Sticks	KinniKritters Animal Crackers	Enjoy Life Honey Graham Crackers	Schar Cheese Bites	Glutino Pretzel Twists

Vegetarian Main Course	Daily Choices: Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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Week 8	Monday 8/10	Tuesday 8/11	Wednesday 8/12	Thursday 8/13	Friday 8/14
Main Course	Meatball Sandwiches	Grilled Cheese	Corned Beef Specials	Tortellini in Marinara Sauce	Last Day Cookout!!! Hamburgers
Side Dishes	Rolls, Mozzarella Cheese Sticks, Tossed Salad	Corn Niblets	Rye Bread, Russian Dressing, Cole Slaw, Potato Chips, Pickles	Caesar Salad, Garlic Bread, Green Beans	Rolls, Cheese Slices, Baked Beans, Fixins', Potato Chips, Pickles
Desserts	Ice Cream Sandwiches	Fresh Fruit	Fudge Bars	Chocolate Chip Cookies	Twin Pops
Daily Alternatives	Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Sliced Turkey, American Cheese, Kellogg's Nutri-Grain Bars, Low-Fat Cheese Sticks; Whole Wheat Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Granola, Hummus, Nacho Cheese, Chips & Salsa; Cereals - Low-Sugar Apple Jacks & Froot Loops, Raisin Bran, Cheerios, Rice Chex & Kixx.				
Snack	Scooby Snacks	Oreos	Pretzels	Graham Crackers	Whole Grain Pop Tarts

Gluten Free Main Course	Meatloaf with Gravy, Mashed Potatoes & Carrots	Grilled Cheese on GF Bread	Corned Beef Specials on GF Bread	Nu Life Penne with Tomato Sauce	Hamburgers on GF Bread
Gluten Free Desserts	Ice Cream Cups	Fresh Fruit	Fudge Bars	Enjoy Life Cocoa Loco Chewy Bars	Twin Pops
Daily Gluten Free Alternatives	Block and Barrel Turkey Breast, American Cheese, Morningstar Veggie Burgers, Salad Bar, Turkey Hot Dogs, Tuna Fish, Egg Salad, Low-Fat Cheese Sticks; GF Bagels with Cream Cheese, Butter or Jelly; Soy Butter or Sunflower Butter; Fresh Apples, Bananas or Pears; Yogurt, Hummus; Nacho Cheese & Chips; Salsa; Rice Chex Cereal, GF Breakfast Bars				
Gluten Free Snack	Scooby Fruit Snacks	Enjoy Life Double Chocolate Cookies	Glutino Pretzel Twists	Schar Graham Crackers	Pop Tarts

Vegetarian Main Course	Daily Choices: Garden Pro Strips, Yves Vegetarian Dog or Morningstar Veggie Burgers				
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