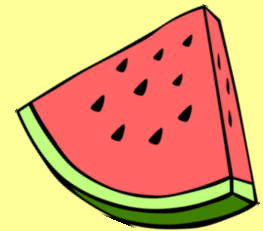




Mount Tom Day Camp

Lunch Menu 2017



Daily options available:

- Sandwiches: turkey, ham, cheese, soy butter & jelly
- Bagels with butter or cream cheese
- Assorted salad plates: tuna, chicken
- Yogurt
- Fresh fruit

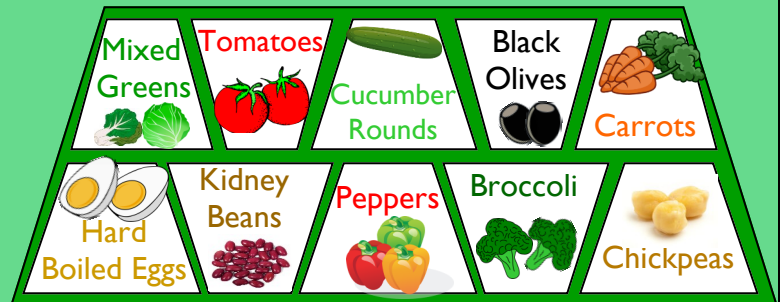
We serve:

- Food prepared fresh daily
- Low fat salad dressings
- Low sodium turkey
- Trans fat free foods
- Low fat ice cream treats

Morning Snacks: string cheese, applesauce, pretzels, graham crackers

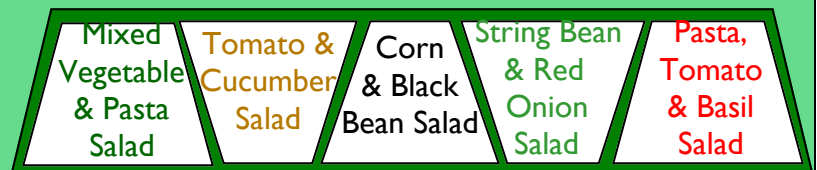
Afternoon Snacks: ice cream & ices

Salad Bar



Some items may vary.

Rotating daily:



If your child has a food allergy, you must speak to a camp director prior to the start of camp. We do not serve any products containing nuts. Special gluten free and vegetarian diets available.

JULY 2017

AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday
6/26 WELCOME Mount Tom's Famous Pizza Fresh Cut Vegetables Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	27 Baked Chicken Patty Sandwich Sweet Corn Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	28 Macaroni with Marinara Sauce Dinner Roll Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	29 Cheese Quesadilla with Pico de Gallo & Sour Cream Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	30 Nachos with Meat Fluffy White Rice Salsa Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt
7/3 BBQ Day Hamburgers, Cheese-burgers, Veggie Burgers Watermelon Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	4 Happy Independence Day! CAMP CLOSED	5 Baked Chicken Nuggets Tater Tots Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	6 Say Cheese! Grilled Cheese with Tomato Pickle Chips Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	7 Penne with Marinara Sauce Italian Bread Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt
10 Mount Tom's Famous Pizza Fresh Cut Vegetables Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	11 General Tso's Chicken with Broccoli Rice Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	12 Baked Ziti Breadsticks Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	13 Meatball Wedge Fresh Vegetables Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	14 Baked Chicken Tenders on a Roll with Honey Mustard Sweet Corn Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt
17 Macaroni and Cheese Dinner Roll Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	18 Grilled Chicken Spanish Rice Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	19 Brunch for Lunch Waffle Bar Assorted Toppings Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	20 BBQ Day Hamburgers, Cheese-burgers, Veggie Burgers Watermelon Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	21 Mount Tom's Famous Pizza Fresh Cut Vegetables Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt
24 Brunch for Lunch French Toast Sticks Beef Sausage Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	25 Sloppy Joe Tater Tots Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	26 Rigatoni with Marinara Sauce Dinner Roll Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	27 Meatballs Broccoli Florets with Dipping Sauce Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	28 Baked Chicken Fingers Corn Niblets Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt
31 Nachos with Meat Fluffy White Rice Salsa Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	8/1 Baked Chicken Nuggets Tater Tots Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	2 Baked Ziti Breadsticks Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	3 Say Cheese! Grilled Cheese with Tomato Pickle Chips Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	4 Mount Tom's Famous Pizza Fresh Cut Vegetables Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt
7 Cheese Quesadilla with Pico de Gallo & Sour Cream Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	8 Baked Chicken Fingers Carrot Sticks with Dipping Sauce Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	9 Brunch for Lunch Pancake Bar Assorted Toppings Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	10 Macaroni and Cheese Dinner Roll Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	11 BBQ Day Hamburgers, Cheese-burgers, Veggie Burgers Watermelon Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt
14 Nachos with Meat Fluffy White Rice Salsa Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	15 Chicken Parmesan Kaiser Roll String Beans Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	16 Penne Primavera Italian Bread Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	17 Baked Chicken Nuggets Tater Tots Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt	18 Mount Tom's Famous Pizza Fresh Cut Vegetables Daily Salad Bar, Sandwiches, Bagels, Fruit and Yogurt

See reverse side for other exciting lunch options!