



## Summer Day Camp Sample Menu 2016

Day & Theme	Morning Snack	Lunch	Afternoon Snack
Monday <b>Farm Life</b>	String Cheese Apple or Fresh Berries	Turkey or Ham Sandwich Chips Fruit	Chocolate Chip Cookie
Tuesday <b>Game Day</b>	Turkey Skewers Jello Cup	Cheeseburger Sweet Potato Fries Fruit	Lemon Ice Pop
Wednesday <b>Gold Rush</b>	Beef Jerky Apple	Chicken Drumstick Cheese Quesadilla Green Salad	Caramel Apple Slices
Thursday <b>Pirate Day</b>	Turkey Skewers Applesauce	Hot Dog Grilled Cheese Green Salad	Apple Crisp
Friday <b>Water Day</b>	Beef Jerky Jello Cup	Pizza Green Salad	Strawberry Ice Pop

*Lunches and snacks are included for all campers!*

- Menu items may vary at our discretion without notice.
- **If your camper has food allergies**, please notify the Health Supervisor during the medical evaluation portion of check-in on the first day of camp, and be sure to provide details about the allergy on the camper's registration forms. Please be advised that our food service areas may contain peanut products, and that some items may contain soy or gluten. Ask the Camp Director for more information. We're happy to help!
- Is your camper a picky eater, or do they have specific dietary needs? If you prefer to provide food for your campers, we will be happy to provide refrigerated storage as needed. We can also provide a vegan lunch alternative for your camper (Salmagundi salad including chopped romaine, celery, carrots, corn, beets, and kidney beans).