



2021 Lunch Menu

Gluten-Free & Vegetarian Options Always Available
Nut-Free, No MSG, No Trans Fats

Mondays



Chicken on a Bun



Tuesdays

Cheese Stuffed
Breadsticks

Wednesdays



Hot Dogs

Thursdays



Chicken Nuggets

Fridays



Pizza

July 22nd Theme Night BBQ Dinner: Burgers & Hot Dogs

Daily Sandwich Choices on Whole Wheat Bread

(Gluten Free Bread also available)

Turkey

Turkey with Cheese

Tuna

Soy Butter and Jelly (Wowbutter brand of soy butter)

Cheese

Cream Cheese

Bagel with Cream Cheese



Sides



Individual Bags of Apple slices or Carrots

Bananas, Clementines

Yogurt

Individual Bags of Chips (GF options available)



Drinks

Water

Lowfat Plain Milk

Chocolate Milk





Dietary Restrictions

Our Dietary Specialist will work with camper families regarding dietary restrictions. In addition, all group counselors will be informed of the restrictions accordingly. Parents should provide us with all of the details of any allergies or specific restrictions prior to the start of the camp season and during camp as necessary.

Individual attention will be provided on a case by case basis to ensure that your child is completely safe during Lunch, Refreshments, and while participating in Taste Buds (our cooking program). Alternate food items are available throughout the summer season.

Snacks

All campers are provided with an afternoon refreshment. Our pre-school campers (Flippers and Dolphins) will also be provided with a morning snack.

Afternoon refreshments include a variety of ice cream treats, assorted ice pops, fresh fruit, cookies, and gluten free chips.



We are peanut & tree nut free and we appreciate everyone's assistance in this regard. Please do not send snacks from home containing peanuts or tree nuts.



Thank you!