

CAMP AT THE J

LUNCH MENU

June/July

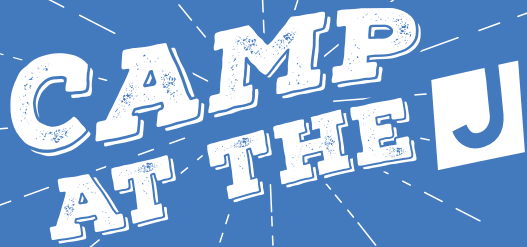
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE 12 Creamy Macaroni and Cheese Wheat Bread Mixed Vegetable Fruit Salad	13 Hot Dog on Bun Italian Green Beans French Fries Fruit Salad	14 Bologna Sandwich Challah Bread Sliced Pickles Potato Chips Sliced Melon	15 Deconstructed Chicken Taco Tomato, Onion Pico de Gallo Salsa, Tortilla Chips Fruit Salad	16 Hamburger on Bun French Fries Carrots Diced Peaches
19 Frank in Blanket Tater Tots Zucchini Wheat Bread Diced Pears	20 Pizza Bagel Italian Green Beans Fruit Salad	21 BBQ Chicken (breast) Corn Baked Beans Wheat Bread Cranberry Compote	22 Baked Ziti Wheat Bread Mixed Vegetable Clementine	23 Turkey Sandwich Wheat Bread Sliced Cucumber Pretzels Sliced Melon
26 Fish Sticks Rotini Pasta with Marinara Corn Succotash Diced Pears	27 BBQ Pulled Beef Sliders Sliced Pickles Tater Tots Diced Peaches	28 Cheese Quesadilla Rice Pilaf with Salsa Green Beans Diced Peaches	29 Soft Shell Beef Taco Seasoned Corn Rice Pilaf Clementine	30 Hot Dog on Bun Italian Green Beans French Fries Fruit Salad
JULY 3 CLOSED IN OBSERVANCE OF INDEPENDENCE DAY	4 CLOSED IN OBSERVANCE OF INDEPENDENCE DAY	5 Hamburger on Bun French Fries Carrots Diced Peaches	6 Cheese Pizza Broccoli Mandarin Oranges	7 Turkey Sandwich Wheat Bread Sliced Cucumber Pretzels Sliced Melon
10 Frank in Blanket Tater Tots Zucchini Wheat Bread Diced Pears	11 Chicken Nuggets Bow Tie Pasta Capri Vegetable Blend Mandarin Oranges	12 Vegetable Cheese Lasagna Breadstick Sliced Fresh Orange	13 Bologna Sandwich Challah Bread Sliced Pickles Potato Chips Sliced Melon	14 BBQ Chicken (breast) Corn Baked Beans Wheat Bread Cranberry Compote

ALLERGY COLOR CODE

Contains Eggs

Contains Dairy

Contains Eggs and Dairy



LUNCH MENU

July/August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 17 Cheese Quesadilla Tortilla chips with Salsa Green Beans Diced Peaches	18 Creamy Macaroni and Cheese Wheat Bread Mixed Vegetable Fruit Salad	19 BBQ Pulled Beef Sliders Sliced Pickles Potato Chips Diced Peaches	20 Hot Dog on Bun Italian Green Beans French Fries Fruit Salad	21 Soft Shell Beef Taco Seasoned Corn Rice Pilaf Clementine
24 Deconstructed Chicken Taco Tomato, Onion Pico de Gallo Salsa, Tortilla Chips Fruit Salad	25 Hamburger on Bun French Fries Carrots Diced Peaches	26 Turkey Meat Sauce Spaghetti Oregon Blend Vegetables Fruit Salad	27 Turkey Sandwich Wheat Bread Sliced Cucumber Pretzels Clementine	28 Frank in Blanket Tater Tots Zucchini Wheat Bread Diced Pears
31 Chicken Nuggets French Fries Capri Vegetable Blend Mandarin Oranges	AUGUST 1 Baked Ziti Wheat Bread Mixed Vegetable Clementines	2 Hot Dog on Bun Italian Green Beans French Fries Fruit Salad	3 Creamy Macaroni and Cheese Wheat Bread Mixed Vegetable Fruit Salad	4 Bologna Sandwich Challah Bread Sliced Pickles Potato Chips Sliced Melon
7 Cheesy Rotini Pasta with Sauce Green Beans Breadstick Pineapple	8 Hamburger on Bun French Fries Carrots Diced Peaches	9 Cheese Pizza Broccoli Mandarin Oranges	10 Frank in Blanket Tater Tots Zucchini Wheat Bread Diced Pears	11 Soft Shell Beef Taco Seasoned Corn Tortilla Chips Clementine

CAMP AT THE J LUNCHES

Hot lunches are served daily at Camp at the J and are handcrafted in house by our amazing kitchen staff. Each meal will include a juice box and fresh fruit/fruit cup. We work months in advance to create a camp friendly menu to enhance the JCC experience. Please reach out if you have any and all questions in regards to the menu by emailing DayCamp@MayersonJCC.org or calling 513.722.7249.

ALLERGY COLOR CODE

Contains Eggs

Contains Dairy

Contains Eggs and Dairy