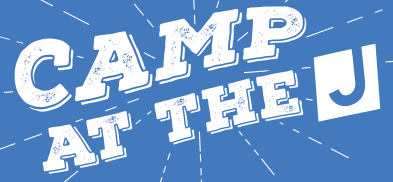


LUNCH MENU

June 10 - July 12, 2024



JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 Impossible Breakfast Hash Scrambled Eggs Cheddar Cheese Salsa Tropical fruit	11 Cheese Pizza Peas and Carrots Tropical Fruit	12 KITCHEN CLOSED Pack Lunch	13 KITCHEN CLOSED Pack Lunch	14 Herb Roasted Chicken Mashed Sweet Potato Capri Vegetable Pita Bread Clementines
17 Baked Ziti Wheat Bread Mixed Vegetable Tropical Fruit Mix	18 Hot Dog on Bun (Cut in ½) Italian Green Beans French Fries Fruit Salad	19 Pizza Grilled Cheese Mixed Vegetable Sliced Melon	20 BBQ Pulled Beef Sliders Sliced Pickles Tater Tots Peaches	21 Apricot Chicken (Breast) Green Beans Mashed Potatoes Dinner Roll Pineapple
24 Creamy Macaroni and Cheese Toasted Wheat Bread Mixed Vegetable Fruit Salad	25 Chicken n' Dumplings Peas and Carrots, Corn Fruit salad	26 Spaghetti with Meat Sauce - Beef Peas Fruit Salad	27 Turkey Sandwich Wheat Bread Sliced Cucumber Pretzels Sliced Melon	28 Beef Stew with Mixed Vegetable Rice Pilaf Dinner Roll Mandarins

JULY

1 Grilled Cheese Tomato Soup Broccoli Fruit salad	2 White Bean Chicken Chili Cornbread Coleslaw Melon Medley	3 Taco Chicken Pico de Gallo Mexican Rice Beans, Chips Fruit Salad	4 CLOSED	5 CLOSED
8 Cheese Pizza Broccoli Tropical fruit	9 Turkey Meat Sauce Spaghetti Oregon Blend Vegetables Fruit Salad	10 Hamburger on Bun French Fries Carrots Diced peaches	11 Cheese Quesadilla w/Salsa Rice Pilaf Corn Diced Peaches	12 Beef Stew with Mixed Vegetable Rice Pilaf Dinner Roll Clementines

CAMP AT THE J LUNCHES

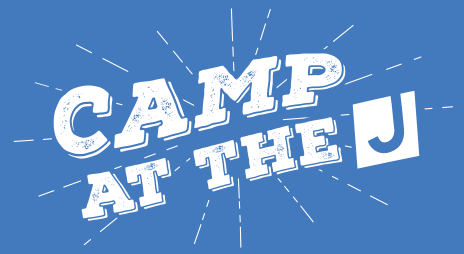
Hot lunches are served daily at Camp at the J and are handcrafted in house by our amazing kitchen staff. Each meal will include a juice box and fresh fruit/fruit cup. We work months in advance to create a camp friendly menu to enhance the JCC experience. Please reach out if you have any and all questions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

LUNCH MENU

July 15 - August 9, 2024



JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 French Toast Casserole Carrots Blueberries	16 Fish Taco Rice and Beans Pico de Gallo Diced Pear	17 Chicken Nuggets Bow Tie Pasta-Red Sauce Capri Vegetable Blend Mandarin Oranges	18 Chicken n' Dumplings Peas and Carrots, Corn Fruit Salad	19 Apricot Chicken (Breast) Carrots Mashed Potatoes Dinner Roll Pineapple
22 Baked Ziti Wheat Bread Mixed Vegetable Tropical Fruit Mix	23 Sloppy Joes on Bun Vegetable Medley Mashed Potatoes Fruit Salad	24 Turkey Sandwich Wheat Bread Sliced Cucumber Pretzels Sliced Melon	25 Impossible Breakfast Hash Scrambled Eggs Cheddar Cheese Salsa Tropical Fruit	26 BBQ Chicken (Breast) Corn Baked Beans Texas Toast - Toasted Pineapples
29 Baked Ziti Wheat Bread Mixed Vegetable Tropical Fruit Mix	30 Sloppy Joes on Bun Vegetable Medley Mashed Potatoes Fruit Salad	31 Creamy Macaroni and Cheese Wheat Bread Mixed Vegetable Fruit Salad		

AUGUST

			1 Frank in Blanket Tater Tots Zucchini Wheat Bread Diced Pears	2 Apricot Chicken (Breast) Carrots Mashed Potatoes Dinner Roll Pineapple
5 French Toast Casserole Carrots Blueberries	6 Taco Chicken Pico de Gallo Mexican Rice Beans Chips Fruit Salad	7 Turkey Meatballs with Marinara Sauce Spaghetti Peas	8 Chicken Nuggets Bowtie Pasta- Red Sauce Capri Vegetable Blend Mandarin Oranges	9 BBQ Chicken (Breast) Corn Baked Beans Texas Toast - Toasted Pineapples

CAMP AT THE J LUNCHES

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