



Campers may participate in this program on a weekly basis only. The cost is \$60.00 per week and there is a reduced rate for the week of July 5th (4-day week). If you are interested in registering your child for the optional lunch program, please contact the camp office at 718-432-1013.

# WEEK 1 **JUNE 21-25**

## MONDAY

**Roasted Turkey on a Club** Roll

- baby carrots
- yogurt
- fruit
- crispy snack 8oz.water bottle

# TUESDAY **Grilled Chicken**

Tossed Mixed Greens w/ TOSSED MIXED GREENS W/ (split tomato, sliced cucumber, shredded carrot, chickpea)

- baby carrots
- yogurt
- fruit
- crispy snack
- 8oz.water bottle

#### WACKY WEDNESDAY Roasted Eggplant Red Pepper and Mozzarella Cheese on a Club Roll

baby carrots

- yogurt
- fruit
- crispy snack 8oz.water bottle

#### THURSDAY

#### Tossed Mixed Greens w/ Hard Cooked Egg (split tomato, sliced cucumber,

- shredded carrot, chickpea) baby carrots
- yogurt
- fruit
- crispy snack
- 8oz.water bottle

#### FANTASTIC FRIDAY Waffle & Chicken Sandwich

- with syrup
- baby carrots
- yogurt fruit

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- crispy snack
- 8oz.water bottle

Each meal is individually wrapped.

# **WEEK 2 JUNE 28-JULY 2**

A CLUB ROLL

vogurt

TUESDAY

fruit

• fruit

baby carrots

crispy snack

8oz.water bottle

### MONDAY SMOKED VIRGINIA HAM ON

NO CAMP HAPPY JULY 4TH

### THESDAY

- TOSSED MIXED GREENS W/ **GRILLED CHICKEN**
- (split tomato, sliced cucumber, shredded carrot, chickpea)

crispy snack

baby carrots

crispy snack

8oz.water bottle

HARD COOKED EGG

baby carrots

crispy snack

baby carrots

crispy snack

8oz water bottle

vogurt

fruit

Alternate Options Available Daily: Multigrain Bagel (cream cheese, butter, margarine, jelly, sun butter)

8oz.water bottle

**FANTASTIC FRIDAY** 

**WAFFLE & CHICKEN** 

SANDWICH WITH SYRUP

yogurt

fruit

yogurt

THURSDAY

fruit

8oz.water bottle

WACKY WEDNESDAY

ROASTED EGGPLANT RED

PEPPER AND MOZZARELLA

CHEESE ON A CLUB ROLL

TOSSED MIXED GREENS W/

(split tomato, sliced cucumber,

shredded carrot, chickpea)

MONDAY

WEEK 3

**JULY 5-9** 

- baby carrots
- yogurt fruit
- **GRILLED CHICKEN** (split tomato, sliced cucumber, shredded carrot, chickpea)
- baby carrots yogurt
- crispy snack 8oz.water bottle

- WACKY WEDNESDAY **ROASTED TURKEY ON A**
- CLUB ROLL
- baby carrots
- yogurt
- fruit
- crispy snack 8oz.water bottle

# THURSDAY

**TOSSED MIXED GREENS W/** HARD COOKED EGG

#### (split tomato, sliced cucumber,

- shredded carrot, chickpea) baby carrots
- vogurt
- fruit
- crispy snack
- 8oz.water bottle

#### **FANTASTIC FRIDAY GENOA SALAMI ON A CLUB**

- ROLL
- baby carrots
- yogurt
- fruit
- crispy snack

## 8oz.water bottle

# WEEK 4 **JULY 12-16**

#### MONDAY SMOKED VIRGINIA HAM ON

# A CLUB ROLL

- baby carrots
- vogurt fruit

8oz.water bottle

WACKY WEDNESDAY

ROASTED TURKEY ON A

TUESDAY

voaurt

CLUB ROLL

yogurt

THURSDAY

fruit

baby carrots

crispy snack

baby carrots

crispy snack

baby carrots

crispy snack

8oz.water bottle

8oz.water bottle

**FANTASTIC FRIDAY** 

**GENOA SALAMI ON A CLUB** 

yogurt

fruit

ROLL

yogurt

fruit

8oz.water bottle

HARD COOKED EGG

TOSSED MIXED GREENS W/

(split tomato, sliced cucumber,

shredded carrot, chickpea)

fruit

- crispy snack
  - 8oz.water bottle

#### TUESDAY

MONDAY

yogurt

fruit

CLUB ROLL

baby carrots

crispy snack

- TOSSED MIXED GREENS W/ TOSSED MIXED GREENS W/ **GRILLED CHICKEN** GRILLED CHICKEN (split tomato, sliced cucumber, (split tomato, sliced cucumber, shredded carrot, chickpea) shredded carrot, chickpea) baby carrots baby carrots
  - - yogurt fruit
    - crispy snack
- crispy snack 8oz.water bottle

#### WACKY WEDNESDAY ROASTED EGGPLANT RED

8oz.water bottle

WEEK 5

ROASTED TURKEY ON A

**JULY 19-23** 

## PEPPER AND MOZZARELLA CHEESE ON A CLUB ROLL

- baby carrots yogurt
- fruit
- crispy snack
- 8oz.water bottle

### THURSDAY

TOSSED MIXED GREENS W/ HARD COOKED EGG (split tomato, sliced cucumber, shredded carrot, chickpea)

baby carrots

FANTASTIC FRIDAY

baby carrots

crispy snack

8oz water bottle

yogurt

fruit

WAFFLE & CHICKEN

SANDWICH WITH SYRUP

- yogurt
- fruit
- crispy snack 8oz.water bottle

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JULY 26-30				

#### MONDAY

#### SMOKED VIRGINIA HAM ON A CLUB ROLL

- baby carrots
- yogurt
- fruit
- crispy snack
- 8oz.water bottle

#### TUESDAY

#### TOSSED MIXED GREENS W/ **GRILLED CHICKEN** (split tomato, sliced cucumber, shredded carrot, chickpea)

- baby carrots
- vogurt
- fruit
- crispy snack
- 8oz.water bottle

#### WACKY WEDNESDAY

#### ROASTED TURKEY ON A

#### CLUB ROLL

- baby carrots
- vogurt
- fruit
- crispy snack
- 8oz.water bottle

#### THURSDAY

#### TOSSED MIXED GREENS W/ HARD COOKED EGG (split tomato, sliced cucumber, shredded carrot, chickpea)

- baby carrots
  - yogurt
  - fruit
  - crispy snack
  - 8oz.water bottle

#### FANTASTIC FRIDAY

#### GENOA SALAMI ON A CLUB ROLL

- baby carrots
- vogurt
- fruit
- crispy snack
- 8oz water bottle

# WEEK 7 **AUGUST 2-6**

#### MONDAY

#### ROASTED TURKEY ON A CLUB ROLL

- baby carrots
- yogurt
- fruit
- crispy snack
- 8oz.water bottle

#### TUESDAY

#### TOSSED MIXED GREENS W/ **GRILLED CHICKEN** (split tomato, sliced cucumber, shredded carrot, chickpea) baby carrots

- vogurt
- fruit
- crispy snack
- 8oz.water bottle

#### WACKY WEDNESDAY

#### ROASTED EGGPLANT RED PEPPER AND MOZZARELLA CHEESE ON A CLUB ROLL

- baby carrots
- yogurt
- fruit
- crispy snack
- 8oz.water bottle

#### THURSDAY

#### TOSSED MIXED GREENS W/ HARD COOKED EGG (split tomato, sliced cucumber, shredded carrot, chickpea)

- baby carrots
- yogurt
- fruit
- crispy snack
- 8oz.water bottle

## FANTASTIC FRIDAY

#### WAFFLE & CHICKEN SANDWICH WITH SYRUP

- baby carrots
- vogurt
- fruit
- crispy snack 8oz.water bottle

# WEEK 8 **AUGUST 9-13**

#### **Please note: The lunch** program is not available during the week of August 9-13

Campers will be required to pack their lunches in an insulated lunch bag