

# 2023 Summer Camp Menu

- **Monday**

- AM Snack: Fruit Snacks
- Lunch
  - Quesadillas\*
  - Chips & dip\*
  - Fruit & salad bar
  - Cookies\*
- PM Snack: Popsicles

- **Tuesday**

- AM Snack: Cookies\*
- Lunch
  - Pasta & sauce\*
  - Fruit & salad bar
  - Cupcakes\*
- PM Snack: Slushies

- **Wednesday**

- AM Snack: Granola bars\*
- Lunch
  - Chicken wrap\*
  - Fruit & salad bar
  - Jell-O
- PM Snack: Ice Cream bars\*

- **Thursday**

- AM Snack: Little Debbie Oatmeal\*
- Lunch
  - Taco Salad Day\*
  - Chips\*
  - Fruit & salad bar
  - Pudding\*
- PM Snack: Slushies

- **Friday**

- AM Snack: Ice Cream Sandwiches\*
- Lunch
  - Hotdogs\*
  - Mac & cheese\*
  - Baked beans
  - Cookies\*

## OVERNIGHT (Grades 4<sup>th</sup>-8<sup>th</sup>)

- **Thursday Dinner**

- Pizza\*
- Watermelon
- Salad
- Brownies\*

- **Friday Breakfast**

- Baked Apple Oatmeal OR Cinnamon Rolls\*
- Pop Tarts
- Granola bars\*
- Cereal
- Milk / Juice
- Fruit
- Yogurt

## Notes:

\*Options given for Gluten-free and Lactose-free  
**Five Pines Summer Camp is nut-free and pork-free.**

If your child **will not eat** or **cannot have** what is on the menu, please let us know and be prepared to send their lunch if necessary. **Do not send food without pre-approval from the office.** If it is decided that sending their lunch is best, please have your camper deliver it to their counselor at the very beginning of each day.