

JUNE

2010

LUNCH MENU

JCC Mid-Westchester Camps

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
CAMP GADOL CAMP XTREME CIT EXPERIENCE						SAC DANCE INTENSIVE
6	7	8	9	10	11	12
DAILY OPTIONS: TOSSED SALAD TUNA/EGG SALAD MINI BAGELS PLAIN PASTA MARGARINE						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
	Turkey Hero Lettuce and Tomato Baby Carrots Watermelon Chunks	Mac and Cheese Celery Sticks Cantaloupe Chunks	Spaghetti with Mini Meatballs Marinara Cherry Tomatoes Honeydew Chunks			

JULY

2010

LUNCH MENU

JCC Mid-Westchester Camps

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
CAMP GADOL CAMP XTREME CIT EXPERIENCE				Pizza Cucumber Slices Peaches	Chicken Nuggets Corn on the Cob Plums	SAC DANCE INTENSIVE
4	5	6	7	8	9	10
DAILY OPTIONS: TOSSED SALAD TUNA/EGG SALAD MINI BAGELS PLAIN PASTA MARGARINE	No Camp	French Toast Applesauce Cherry Tomato Watermelon Chunks	Sliced Turkey Whole Wheat & White Bread Baby Carrots Cantaloupe Chunks	Bagels Cream Cheese Tuna/Egg Salad Butter Orange Wedges	Chicken Nuggets Pasta with Marinara Plums	
11	12	13	14	15	16	17
	Turkey Hero Lettuce and Tomato Baby Carrots Watermelon Chunks	Mac and Cheese Celery Sticks Cantaloupe Chunks	Spaghetti with Mini Meatballs Marinara Cherry Tomatoes Honeydew Chunks	Pizza Cucumber Slices Peaches	Chicken Nuggets Corn on the Cob Plums	
18	19	20	21	22	23	24
	Hamburgers French Fries Cantaloupe Chunks	French Toast Applesauce Cherry Tomato Watermelon Chunks	Sliced Turkey Whole Wheat & White Bread Baby Carrots Cantaloupe Chunks	Bagels Cream Cheese Tuna/Egg Salad Butter Orange Wedges	Chicken Nuggets Pasta with Marinara Plums	
25	26	27	28	29	30	31
	Turkey Hero Lettuce and Tomato Baby Carrots Watermelon Chunks	Mac and Cheese Celery Sticks Cantaloupe Chunks	Spaghetti with Mini Meatballs Marinara Cherry Tomatoes Honeydew Chunks	Pizza Cucumber Slices Peaches	Chicken Nuggets Corn on the Cob Plums	

AUGUST

2010

LUNCH MENU

JCC Mid-Westchester Camps

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
CAMP GADOL CAMP XTREME CIT EXPERIENCE SAC DANCE INTENSIVE	Hamburgers French Fries Cantaloupe Chunks	French Toast Applesauce Cherry Tomato Watermelon Chunks	Sliced Turkey Whole Wheat & White Bread Baby Carrots Cantaloupe Chunks	Bagels Cream Cheese Tuna/Egg Salad Butter Orange Wedges	Chicken Nuggets Pasta with Marinara Plums	
8	9	10	11	12	13	14
DAILY OPTIONS: TOSSED SALAD TUNA/EGG SALAD MINI BAGELS PLAIN PASTA MARGARINE	Turkey Hero Lettuce and Tomato Baby Carrots Watermelon Chunks	Mac and Cheese Celery Sticks Cantaloupe Chunks	Spaghetti with Mini Meatballs Marinara Cherry Tomatoes Honeydew Chunks	Pizza Cucumber Slices Peaches	Chicken Nuggets Corn on the Cob Plums	
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				