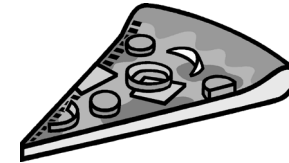
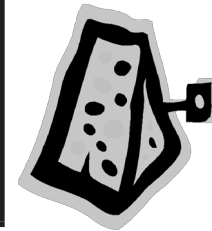
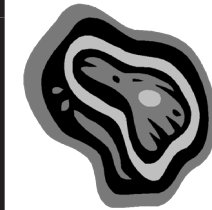
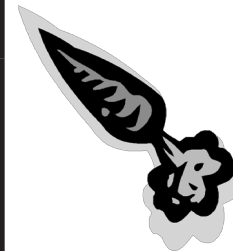
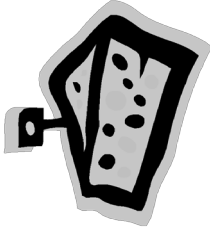


JULY 2010



LUNCH MENU

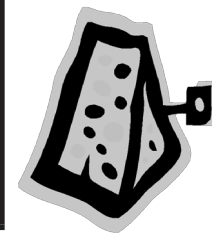
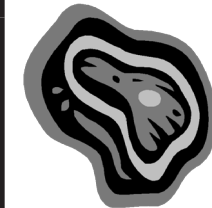
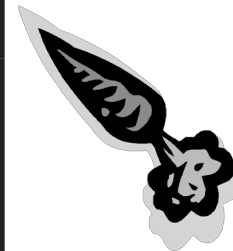
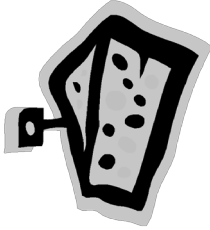
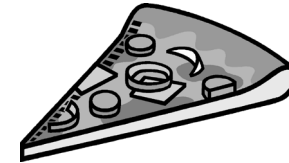
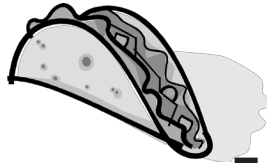


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	01	02
	Pizza Tossed Salad with Lite Dressing Chocolate Pudding	Oven Baked Chicken Nuggets Dipping Sauce Steamed Kernel Corn Sliced Peaches	Grilled Cheese Cole Slaw Pickle Chips Jello	BBQ Cookout All Beef Hamburgers Kosher Hot Dogs Potato Chips, Soda Watermelon
05	06	07	08	09
Camp Closed for the Fourth of July	Baked Ziti with Skim Mozzarella Cheese Tossed Salad with Lite Dressing Italian Bread Fresh Fruit	Oven Baked Chicken Nuggets Dipping Sauce Steamed Kernel Corn Sliced Pineapple	Pizza Tossed Salad with Lite Dressing Vanilla Pudding	All Beef Tacos Lettuce, Tomatoes, Cheddar Cheese Steamed Green beans Fresh Fruit
12	13	14	15	16
White Meat Chicken Patty on a Bun Picnic Salads Pickle Chips Sliced Pineapple	Grilled Cheese Macaroni Salad Pickle Chips Fresh Fruit	Baked Ziti with Meat Sauce Tossed Salad with Lite Dressing Italian Bread Orange Slices	Oven Baked Chicken Nuggets Dipping Sauce Steamed Kernel Corn Jello	Breakfast for Lunch Assorted Cold Cereals French Toast with Syrup Fresh Fruit
19	20	21	22	23
Meatball Hero Tossed Salad with Lite Dressing Orange Slices	Pizza Bagels Tossed Salad with Lite Dressing Chocolate Pudding	BBQ Cookout All Beef Hamburgers Kosher Hot Dogs Potato Chips, Soda Watermelon	Baked Macaroni and Cheese Italian Bread Tossed Salad with Lite Dressing Chocolate Pudding	Oven Baked Chicken Nuggets Dipping Sauce Steamed Kernel Corn Applesauce

All meals are served with a choice of 99% fat free milk or fruit juice. Available daily as alternate selections are: sliced turkey breast, lite yogurt with fruit, tuna with lite mayonnaise, American cheese, bagel with cream cheese, bagel with margarine, cream cheese and jelly, beef bologna. Whole wheat bread is available upon request. An afternoon snack of ice cream or ices is provided daily. Glatt Kosher meals are also available. All food served contains 0 grams of trans fat added through the preparation process.

AUGUST 2010

LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Pizza Tossed Salad with Lite Dressing Vanilla Pudding	27 Chicken and Vegetable Fajitas Salsa and Cheddar Cheese Steamed Kernel Corn Jello	28 Grilled Cheese Cole Slaw Pickle Chips Chocolate Pudding	29 White Meat Chicken Patty on a Bun Picnic Salads Sliced Peaches	30 All Beef Tacos Lettuce, Tomatoes, Cheddar Cheese Steamed Carrots Fresh Fruit
02 Grilled Cheese Cole Slaw Pickle Chips Jello	03 Oven Baked Chicken Nuggets Dipping Sauce Steamed Kernel Corn Sliced Pineapple	04 BBQ Cookout All Beef Hamburgers Kosher Hot Dogs Potato Chips, Soda Watermelon	05 Pizza Tossed Salad with Lite Dressing Sliced Pineapple	06 Sloppy Joe on a Bun Tossed Salad with Lite Dressing Baked Tater Tots Fresh Fruit
09 All Beef Tacos Lettuce, Tomatoes, Cheddar Cheese Celery Sticks Fresh Fruit	10 Oven Baked Country Fried Chicken Picnic Salads Applesauce	11 Pizza Tossed Salad with Lite Dressing Jello	12 White Meat Chicken Patty on a Bun Vegetable Pasta Salad Pickle Chips Fresh Fruit	13 Baked Macaroni and Cheese Italian Bread Steamed Carrots Chocolate Pudding
16 Baked Ziti with Meat Sauce Tossed Salad with Lite Dressing Italian Bread Sliced Peaches	17 BBQ Cookout All Beef Hamburgers Kosher Hot Dogs Potato Chips, Soda Watermelon	18 Grilled Cheese Macaroni Salad Pickle Chips Chocolate Pudding	19 Oven Baked Chicken Nuggets Dipping Sauce Steamed Kernel Corn Sliced Pineapple	20 Pizza Tossed Salad with Lite Dressing Surprise Dessert

All meals are served with a choice of 99% fat free milk or fruit juice. Available daily as alternate selections are: sliced turkey breast, lite yogurt with fruit, tuna with lite mayonnaise, American cheese, bagel with cream cheese, bagel with margarine, cream cheese and jelly, beef bologna. Whole wheat bread is available upon request. An afternoon snack of ice cream or ices is provided daily. Glatt Kosher meals are also available. All food served contains 0 grams of trans fat added through the preparation process.