



SUMMER CAMP MENU 2026

June 16-July 31



BS"D

WEEK 1

Monday

*Give'em Something to
TACO SALAD About*

Black Beans w/Feta
Tortilla Chips
Shredded Lettuce
Diced Tomatoes
Green Salsa

Tuesday

That's Our Jam Sammies

Sunflower Butter
& Jelly
Sandwiches
Pears
Carrot Sticks

Wednesday

Egg-cellent Lunch

Hard Boiled Eggs
Flatbread
Avocado Mash
Fresh Berries

Thursday

Let's Have a Picnic

Tofurky Slices
Macaroni Salad
Honeydew
Orange Slices

Friday

Bagels & Shmear

Cream Cheese
Bagels
Celery
Watermelon
Cabbage & Craisins
Salad

WEEK 2

Monday

Egg Salad-ious

Egg Salad
French Bread
Baby Spinach
Salad
w/raspberry vinaigrette
Cuties

Tuesday

Make Me a Tofu Taco

Tofu Crumble &
Pinto Beans
Corn Tortillas
Guacamole
Salsa

Wednesday

Pebbles on the Beach

Tofurky Italian
Sausage
Shell Pasta
w/peas
Green Salad
w/Italian Dressing

Thursday

*Hummus is Where
the Heart Is*

Hummus
String Cheese
Pita
Olives
Cucumbers

Friday

Tunawich

Tuna on
Sourdough Bread
Potato Chips
Sliced Tomatoes
Pickles

ALL lunches include:

- 1 Protein
- 1 Grain
- 2 Fruits/Vegetables



Each Snack consists of one whole grain

- Whole Grain Rice Cakes
- Whole Grain Cheerios
- Whole Wheat Pretzels or Pretzel Thins
- Veggie Straws and/or Apple Straws
- Corn Tortilla Chips

.....each snack consists of one fruit

- apples, oranges, bananas, pears, etc.
- unsweetened applesauce
- raisins or craisins

****If your child is allergic
to any of the items on
our menu, please tell
your child's teacher
right away!***

