








HEALTH & NUTRITION

SAMPLE WEEKLY MENU

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST Breakfast Bar Daily	French Toast Strawberries 	Avocado Toast Scrambled Eggs Breakfast Potatoes Blueberries 	Belgian Waffles Strawberries	Yogurt Parfaits: Vanilla Yogurt Granola Blueberries Strawberries Pineapple Raisins	Pancakes (plain & chocolate chip) Strawberries 	Plain Omelet Cheese Omelet Turkey Sausage Biscuits Blueberries	Bagels & Lox Cream Cheese Jelly and Butter Sliced Cheese Tomatoes Onions
	Juice/Water/Milk	Juice/Water/Milk	Juice/Water/Milk	Juice/Water/Milk	Chocolate Milk/ Juice/Water/Milk	Juice/Water/Milk	Juice/Water/Milk
LUNCH Salad Bar and Pasta Bar Daily	Chicken Fingers Grilled Fresh Fish Pretzels 	Tacos Taco Shells Chips & Salsa Black Beans Guacamole	Grilled Cheese Sandwiches Tomato Soup with Goldfish Crackers	Mac and Cheese Egg Salad Tuna Salad Mini Twist Rolls	Chicken Panini Vegetable Soup 	Poke Bowl Chopped Chicken Edamame & Corn White Rice Shredded Carrots Spinach Wasabi Dressing Teriyaki Sauce Juice/Water	Personal Pizza with Toppings: Mushrooms, Onions, Green Peppers (All veggies separate on side) Juice/Water
	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water
DINNER Salad Bar and Pasta Bar Daily	Philly Cheesesteaks (Steak or Chicken) Tater Tots 6" Hoagie Rolls Grilled Onions & Peppers Cheese Sauce Juice/Water	Grilled Chicken Israeli Couscous Roasted Veggies 	Steak Steamed Broccoli Baked Potato Juice/Water	Chicken lo-mein Veggie lo-mein Egg Rolls Choice of Veggie, Edamame, Chicken Teriyaki Dumplings Juice/Water	Roast Turkey Mashed Potatoes Cranberry Sauce Corn Gravy Juice/Water	Shabbat Dinner Matzo Ball Soup Grilled Chicken Bliss Potatoes Roasted Veggies Challah Grapes Juice/Water	Hamburgers Hotdogs Veggie Burgers French Fries Watermelon 
	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water
FRUIT ON THE FLY	Apples	Peaches	Plums	Apples	Pears	Nectarines	Plums

FOOD ALTERNATIVES & EXTRAS: In addition to our menu above, alternatives are available for vegetarians, vegans and picky eaters. Campers customize their meals from a wide selection available on our fresh breakfast and salad bar.

Breakfast Bar: Multiple cereal options, fresh fruit, nut-free granola, oatmeal, hard boiled eggs, and yogurt.

Salad Bar: 30+ items including fresh vegetables, fresh proteins (ie: tuna), various salads (ie: quinoa), fresh fruit, and other rotating options.

SNACK & HYDRATION: In the morning, Lower Camp campers enjoy a snack on the go between activities. In the afternoon, all campers gather outside the Dining Hall to enjoy Fruit on the Fly before resuming the activity day. Hydration Stations and ice machines around camp make it easy for campers to keep their water bottles cold and full.

FOOD ALLERGIES & SENSITIVITIES: We do not serve anything with nuts. Our Camper Care Team works closely with our chef to assist our pickier eaters, or those with special dietary needs. We can accommodate most food allergies, food sensitivities and gluten free diets.

HEALTH CENTER & DAILY MEDICATIONS: Our modern, air-conditioned Health Center is centrally located and staffed 24 hours a day. We have a team of 6 Nurses, an in-camp Doctor, and a Health Center Administrator. The nearest medical center is 20 minutes away. Prescriptions are filled before camp begins, and medications are conveniently delivered to campers during meal times or before bed. Campers receive 3-4 lice screenings over the course of the summer from a professional service.