



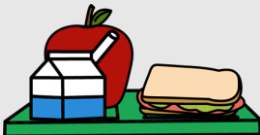
# Rolling River Day Camp

## Lunch Menu 2016

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Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Delicious lunch items and snacks prepared by our professional catering company are provided to every camper and staff member at Rolling River. Choose from the daily main lunch or select a substitute option from the list below.</p>			30 <b>Pizza</b> <b>Tossed Salad with Dressing</b> <b>Fresh Oranges</b>	1 <b>BBQ Cookout</b> <b>Grilled Hot Dogs</b> <b>Sauerkraut,</b> <b>Baked Beans</b> <b>Watermelon</b>
4 <b>No Camp</b> <b>Happy 4<sup>th</sup> of July!</b>	5 <b>Grilled Cheese</b> <b>Potato Chips</b> <b>Pasta Salad</b> <b>Applesauce</b>	6 <b>Taco Day</b> <b>Lettuce ,Tomato</b> <b>Onions, Cheese</b> <b>Mexican Rice</b> <b>Fresh Oranges</b>	7 <b>Pizza</b> <b>Tossed Salad with Dressing</b> <b>Fruit</b>	8 <b>BBQ Cookout</b> <b>Hamburgers or</b> <b>Cheese Burgers</b> <b>Fries</b> <b>Watermelon</b>
11 <b>Popcorn Chicken</b> <b>BBQ Sauce</b> <b>Kernel Corn</b> <b>Coleslaw</b> <b>Pudding</b>	12 <b>Brunch for Lunch</b> <b>Assorted Cereal</b> <b>Pancakes, Syrup</b> <b>Bananas</b>	13 <b>BBQ Cookout</b> <b>Grilled Hotdogs</b> <b>Sauerkraut</b> <b>Baked Beans</b> <b>Watermelon</b>	14 <b>Macaroni &amp; Cheese</b> <b>Tossed Salad</b> <b>Breadsticks</b> <b>Fruit</b>	15 <b>Pizza</b> <b>Tossed Salad with Dressing</b> <b>Cookies</b>
18 <b>BBQ Cookout</b> <b>Hamburgers or</b> <b>Cheese Burgers</b> <b>Pickles, French Fries</b> <b>Watermelon</b>	19 <b>Chicken Tenders</b> <b>Italian Dressing</b> <b>Kernel Corn</b> <b>Mashed Potatoes</b> <b>Cookies</b>	20 <b>Pizza</b> <b>Tossed Salad With Dressing</b> <b>Chips</b> <b>Fresh Fruit</b>	21 <b>Taco Day</b> <b>Lettuce, Tomato</b> <b>Onions, Cheese,</b> <b>Mexican Rice</b> <b>Oranges</b>	22 <b>Chicken Nuggets</b> <b>Peas/Carrots</b> <b>Potato Salad</b> <b>Applesauce</b>
25 <b>Pizza</b> <b>Tossed Salad with Dressing</b> <b>Fruit</b>	26 <b>BBQ Cookout</b> <b>Hot Dogs</b> <b>Sauerkraut</b> <b>Baked Beans</b> <b>Watermelon</b>	27 <b>Macaroni &amp; Cheese</b> <b>Tossed Salad</b> <b>Italian Bread</b> <b>Watermelon</b>	28 <b>Popcorn Chicken</b> <b>Kernel Corn</b> <b>Coleslaw</b> <b>Chocolate Pudding</b>	29 <b>Grilled Cheese</b> <b>Corn Chips</b> <b>Pasta Salad</b> <b>Jello</b>
1 <b>Chicken Patty Sandwich</b> <b>Lettuce, Tomato, Onion</b> <b>Corn Chips , Coleslaw</b> <b>Pudding</b>	2 <b>Pizza</b> <b>Tossed Salad with Dressing</b> <b>Pudding</b>	3 <b>Pasta Special</b> <b>Baked Ziti with</b> <b>Parmesan Cheese</b> <b>Tossed Salad, French</b> <b>Bread, Fruit</b>	4 <b>BBQ Cookout</b> <b>Hamburgers or</b> <b>Cheese Burgers</b> <b>Pickles, Potato Chips</b> <b>Coleslaw, Watermelon</b>	5 <b>Special Alphabet Pasta</b> <b>with Meatballs</b> <b>Tossed Salad</b> <b>Cake</b>
8 <b>Grilled Cheese</b> <b>Potato Chips</b> <b>Macaroni Salad</b> <b>Applesauce</b>	9 <b>Chicken &amp; Veggie Fajitas</b> <b>Spanish Rice</b> <b>Oranges</b>	10 <b>Pizza</b> <b>Tossed Salad With Dressing</b> <b>Pudding</b>	11 <b>Taco Day</b> <b>Lettuce, Tomato</b> <b>Onions, Cheese,</b> <b>Mexican Rice</b> <b>Fruit</b>	12 <b>BBQ Cookout</b> <b>Hot Dogs</b> <b>Sauerkraut</b> <b>Baked Beans</b>
15 <b>Macaroni &amp; Cheese</b> <b>Tossed Salad with</b> <b>Dressing</b> <b>Pudding</b>	16 <b>BBQ Cookout</b> <b>Hamburgers or</b> <b>Cheeseburgers</b> <b>Pickle Chips, Kernel Corn</b> <b>Watermelon</b>	17 <b>Brunch For Lunch</b> <b>Pancakes &amp; Syrup</b> <b>Cereal, Home Fries</b> <b>Bananas</b>	18 <b>Chicken Patty Sandwich</b> <b>Lettuce, Tomato, Onion</b> <b>Corn Chips , Coleslaw</b> <b>Jello</b>	19 <b>Pizza</b> <b>Tossed Salad with Dressing</b> <b>Fresh Fruit</b>
22 <b>Chicken Nuggets</b> <b>Peas/Carrots</b> <b>Kernel Corn</b> <b>Watermelon</b>	23 <b>Pizza</b> <b>Tossed Salad With Dressing</b> <b>BIG SURPRISE DESSERT</b>	<p>Rolling River is a PEANUT-AWARE camp. All meals are served with a choice of water, 99% fat free milk or fruit punch. Substitute cold lunches are available daily. Sub-lunches include: low fat yogurt cups &amp; breadsticks, tuna with low fat mayo, sliced turkey breast, American cheese sandwich, all beef bologna, bagel with margarine, bagel with low fat cream cheese. Sandwiches are made with whole wheat or white bread. All pasta lunches can be substituted with plain pasta upon request. PM snack provided daily. Kosher meals and special dietary meals available upon request.</p>		