

RUACH DAY CAMP

JUNE/JULY 2018 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			28 Deli Heroes Whole Wheat Hoagies Cole Slaw Pickles Fresh Fruit	29 Fish Sticks Potato Knishes Fresh Fruit
July 2 Pizza Caesar Salad Watermelon	3 Hamburgers Buns French Fries Macaroni Salad Fresh Fruit	4 No Camp	5 Chicken Fingers Potato Knishes Fresh Fruit	6 Bagels Cream Cheese, Butter, Jelly, Tuna Fresh Fruit
9 Pizza Caesar Salad Fresh Fruit	10 BBQ Chicken Toasted Egg Barley Fresh Fruit	11 Cheese Quesadillas Rice Beans Fresh Fruit	12 Meatballs Pasta Fresh Fruit	13 Pancakes w/ Maple Syrup Scrambled Eggs Yogurt Garden Salad Fresh Fruit
16 Pizza Caesar Salad Watermelon	17 Veggie Chicken Nugget Toasted Egg Barley Fresh Fruit	18 Baked Ziti Mixed Vegetables Fresh Fruit	19 Fish Sticks Rice Fresh Fruit	20 Bagels Cream Cheese Tuna Fish Egg Salad Fresh Fruit
23 Pizza Caesar Salad Fresh Fruit	24 Deli Heroes Whole Wheat Hoagies Cole Slaw Pickles Fresh Fruit	25 Scrambled Eggs Pancakes Yogurt Garden Salad Fresh Fruit	26 Grilled Cheese Roasted Peppers and Mushrooms Fresh Fruit	27 Macaroni and Cheese Roasted Mixed Vegetables Fresh Fruit
30 Pizza Caesar Salad Watermelon	31 Chicken Fingers Rice Pilaf Fresh Fruit			

SALAD BAR (4 TOPPINGS DAILY)

KID FRIENDLY CUT UP VEGGIES

AVAILABLE UPON REQUEST

PLAIN PASTA

BREAD: SLICED WHOLE WHEAT & FRESH MINI BAGELS SERVED DAILY

JELLY, MARGARINE AND SOYNUIT BUTTER ON MEAT MEAL DAYS ONLY

CREAM CHEESE AND BUTTER ON DAIRY DAYS ONLY

DAILY FRUIT MAY INCLUDE: APPLES, ORANGES, PEARS, PLUMS, NECTARINES, AND PEACHES, FRESH FRUIT SALAD

MORNING SNACK: CEREAL MILK, PM SNACK IS ICES OR ICE CREAM

ALL FOOD PROVIDED BY FIVE STAR CATERERS

RUACH DAY CAMP

AUGUST 2018 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fish Sticks Tater Tots Fresh Fruit	2 Meatballs Roasted Sweet Potato Wedges Fresh Fruit	3 Baked Ziti Roasted Squash Fresh Fruit
6 Pizza Caesar Salad Fresh Fruit	7 Deli Heroes Whole Wheat Hoagies Cole Slaw Pickles Fresh Fruit	8 Mac n' Cheese Broccoli Fresh Fruit	9 Chicken Fingers Cous Cous Fresh Fruit	10 Fish Sticks Roasted Zucchini Fresh Fruit
13 Pizza Caesar Salad Watermelon	14 Hamburgers Fresh Buns Tater Tots Tomato Pickles Fresh Fruit	15 Cheese Quesadillas Rice Beans Fresh Fruit	16 Schnitzel Roasted Root Vegetables Fresh Fruit	17 Grilled Cheese Roasted Cauliflower Fresh Fruit
20 Banquet				

SALAD BAR (4 TOPPINGS DAILY)
 KID FRIENDLY CUT UP VEGGIES

AVAILABLE UPON REQUEST

PLAIN PASTA

BREAD: SLICED WHOLE WHEAT & FRESH MINI BAGELS SERVED DAILY

JELLY, MARGARINE AND SOY-NUT BUTTER ON MEAT MEAL DAYS ONLY

CREAM CHEESE AND BUTTER ON DAIRY DAYS ONLY

DAILY FRUIT MAY INCLUDE: APPLES, ORANGES, PEARS, PLUMS, NECTARINES, AND PEACHES, FRESH FRUIT SALAD

MORNING SNACK: CEREAL MILK, PM SNACK IS ICES OR ICE CREAM

ALL FOOD PROVIDED BY FIVE STAR CATERERS