

# ***Ruach K'tonton Day Camp Menu -June/July 2011***

<b><u>Monday June 27</u></b> Chicken Nuggets Rice Pilaf  Sl. Tom, cuc & pepper Fruit of the day	<b><u>Tuesday June 28</u></b> Meatball Pasta Sl. Tom, cuc & pepper Fruit of the day	<b><u>Wednesday June 29</u></b> Turkey Hero Pickles  Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Thursday June 20</u></b> Fish Sticks Mashed Potatoes Sl. Tom, cuc & pepper Fruit of the day	<b><u>Friday July 1</u></b> Pizza  Sl. Tom, cuc & pepper Fruit of the Day
<b><u>Monday July 4</u></b> No Camp  Happy July 4th	<b><u>Tuesday July 5</u></b> Turkey Hero French Fries Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Wednesday July 6</u></b> Chicken Nuggets French Fries  Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Thursday July 7</u></b> Fish Sticks Peas & Carrots Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Friday July 8</u></b> Mac & Cheese  Sl. Tom, cuc & pepper Fruit of the Day
<b><u>Monday July 11</u></b> Ziti w/ Meat Sauce On Side Kernel Corn  Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Tuesday July 12</u></b> Chicken Nuggets Egg barley Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Wednesday July 13</u></b> Meatball Rice  Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Thursday July 14</u></b> Mac & Cheese  Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Friday July 15</u></b> Pizza  Sl. Tom, cuc & pepper Fruit of the Day
<b><u>Monday July 18</u></b> Bagels - Cream Cheese  Tuna & Egg Salad  Sl Amer Cheese  Sl. Tom, cuc & pepper Fruit of The Day	<b><u>Tuesday July 19</u></b> Baked Ziti w/ Cheese  Sl. Tom, cuc & pepper  Fruit of the Day Fast Day	<b><u>Wednesday July 20</u></b> Hamburger on Bun  Rice  Sl. Tom, cuc & pepper  Fruit of the Day	<b><u>Thursday July 21</u></b> Bagles -EggSalad Tuna, Cream Cheese  Sl Amer Cheese Sl. Tom, cuc & pepper Fruit of The Day	<b><u>Friday July 22</u></b> Pizza  Sl. Tom, cuc & pepper  Fruit of the Day
<b><u>Monday July 25</u></b> Macaroni & Cheese Corn  Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Tuesday July 26</u></b> Meatballs & Spag. Mashed Potatoes Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Wednesday July 27</u></b> Chicken Nuggets Egg Barley  Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Thursday July 28</u></b> Turkey Hero Pickles Sl. Tom, cuc & pepper Fruit of the Day Chips	<b><u>Friday July 29</u></b> Baked Ziti With Cheese  Sl. Tom, cuc & pepper Fruit of the Day

White & Whole Wheat Bread is available at all lunch meals  
 Hard Boiled Eggs, American Cheese, Tuna Fish And Jelly Is Available At Lunch As An Alternate Only  
 Low Fat Milk, Crackers, Pretzels And Cookies Are Served As Morning Snack  
 Ices Are Served As P.M. Snack on Meat Days  
 Ice Cream Is Served As P.M. Snack On Dairy Days  
 Plain Pasta available daily as an alternative  
 Extended Day Children Receive Fresh Fruit & Crackers For Afternoon Snack

# ***Ruach K'tonton Day Camp Menu -August 2011***

<b><u>Monday August 1</u></b> Cheese & Fruit Blintzes/ Sour Cream  Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Tuesday August 2</u></b> Baked Ziti  Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Wednesday August 3</u></b> Grilled Cheese Potato Chips  Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Thursday August 4</u></b> Fish Sticks Home Fries Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Friday August 5</u></b> Pizza Bagel  Sl. Tom, cuc & pepper Fruit of the day
<b><u>Monday August 8</u></b> Bagels /Cream Cheese Tuna & egg Salad  American Cheese Sl. Tom, cuc & pepper Fruti of The Day	<b><u>Tuesday August 9</u></b> No Camp Tisha B'Av	<b><u>Wed August 10</u></b> French Toast with Syrup  Sl. Tom, cuc & pepper Fruit of the day	<b><u>Thurs August 11</u></b> Chicken Nuggets Rice Pilaf Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Friday August 12</u></b> Pizza   Sl. Tom, cuc & pepper Fruit of the Day
<b><u>Monday August 15</u></b> Chicken Nuggets Kernels Corn  Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Tuesday Aug 16</u></b> Hamburger on Bun Potato Chips Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Wednesday Aug 17</u></b> Baked Ziti with Cheese  Sl. Tom, cuc & pepper Fruit of the Day	<b><u>Thursday Aug 18</u></b> Bagels/Cream cheese Tuna & Egg Salad  American Cheese Sl. Tom, cuc & pepper Fruit of The Day	<b><u>WE HOPE YOU HAD A            NUTIRTIIOUS AND            DELICIOUS SUMMER!</u></b>
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White & Whole Wheat Bread Is Available At All lunch Meals  
 Hard Boiled Eggs, American Cheese, Tuna Fish And Jelly Is Available At Lunch As An Alternate Only  
 Milk And Cookies Are Served As Morning Snack  
 Ices Are Served As P.M. Snack During Meat Days  
 Ice Cream Is Served As P.M. Snack On Dairy Days  
 Skim Milk Is Available Upon Request Only At Dairy Lunch Meals And A.M. Snack