

SAMPLE WEEK 1

Kosher and Dietary Options are available at every meal throughout the session

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T S	9:00 AM Cold Cereal w/ Milk Warm French Toast w/ Maple Syrup Warm Strawberries Hard Boiled Eggs Assorted Juice	9:00 AM Cold Cereal w/ Milk Hard Boiled Eggs Honey Bran Muffins Chilled Peaches Assorted Juice Water	9:00 AM Cold Cereal w/ Milk Buttermilk Pancakes Butter & Syrup Hard Boiled Eggs Whole Fruit Assorted Juice	9:00 AM Cream of Wheat Br. Sugar & Raisins Scrambled Eggs Turkey Sausages English Muffins w/ Fresh Apple Butter Assorted Juice Whole Fruit Water	9:00 AM Scrambled Eggs Turkey Bacon Tater Tots & Ketchup Flour Tortillas Fresh Salsa & Guacamole Pear Halves Assorted Juice	9:00 AM Cold Cereal w/ Milk Belgium Waffles Maple Syrup & Butter Warm Apples Hard Boiled Eggs Assorted Juice Whole Fruit Water	9:00 AM Cold Cereal w/ Milk Coffee Cake Fresh Fruit Salad Whole Fruit Assorted Juice
L U N C H E S	12:30 PM Salad Bar Five Cheese & Vegetable Pizza Apple Sauce Whole Fruit Fruit Punch & Water Assorted Punch/Water <i>PB & J / Tuna</i>	12:30 PM Salad Bar Chicken Taquitos Guac, Pace Salsa Spanish Rice Whole Pinto Beans Assorted Punch/Water <i>PB & J / Tuna</i>	Beach Day Peanut Butter & Jelly Sliced Turkey Wheat Bread Potato Chips Red Apples Assorted Punch/Water	12:30 PM Salad Bar Turkey Corn Dogs Onion Rings Ketchup & Mustard Assorted Punch/Water <i>PB & J / Tuna</i>	12:30 PM Salad Bar Warm Tomato Soup Saltine Crackers Grilled Cheese Sand. Vegetable Sticks Whole Fruit Assorted Punch/Water <i>PB & J / Tuna</i>	12:30 PM Salad Bar Chicken Tenders BBQ/Sweet & Sour Three Bean Salad Assorted Punch/Water <i>PB & J / Tuna</i>	Shabbat 12:25 PM Salad Bar Tuna & Egg Salad Bagels w/ Cream Ch. Matzo Brie w/ Syrup Butter & Lox Spread, Tomatoes & Onions Assorted Punch/Water <i>PB & J / Tuna</i>
S N A C K	4:00 PM Cool Ranch Doritos Carrot and Celery Sticks Beverage & Water	4:00 PM Oreo Cookies Fresh Strawberries Beverage & Water	4:00 PM Big Sticks Whole Fruit Beverage & Water	4:00 PM Push Pops Whole Fruit Beverage & Water	4:00 PM Fresh Fruit Salad Sugar Cookies Beverage & Water	4:00 PM Hot Cheetos Whole Fruit Beverage & Water	4:00 PM Chex Snack Mix Cantelope Slices Beverage & Water
D I N N E R S	7:00 PM Salad Bar Grld. Herb Chicken Basmati Rice Israel Salad Fresh Humus Warm Pita Bread Lemon Italian Ice Assorted Punch/Water	7:00 PM Salad Bar Spaghetti Marinara Parmesan Cheese Steamed Green Beans Garlic Bread Worms 'n Dirt Assorted Punch/Water	7:00 PM Steamed Edemane Vegetarian Egg rolls Sweet & Sour Sauce Teriyaki Chicken Stir fried Vegetables Sticky Rice Fruit Popsicles Fortune Cookies Assorted Punch/Water	7:00 PM Salad Bar Hawaiian Chicken Sautéed Zucchini & Yellow Squash w/ Red Bells & Onions Fettuccine Noodles Fudge Brownie w/ Choc. Frstg/Carmel Assorted Punch/Water	7:00 PM Salad Bar BBQ Beef Ribs Steak Cut Fries Corn on the Cob Sliced Apples, Bananas & Grapes w/ Honey Assorted Punch/Water	Shabbat / 7:35 PM Salad Bar Teriyaki Chicken Rice Pilaf Steamed Broccoli Apple Dumplings Challah/Honey/Marg Assorted Punch/Water	Barbecue / 6:45 PM Hamburgers w/ Buns & Asst. Condiments Potato Chips Cole Slaw Sliced Watermelon Assorted Punch/Water

SAMPLE WEEK 2

Kosher and Dietary Options are available at every meal throughout the session

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T S	9:00 AM Hot Oatmeal w/ Br. Sugar & Raisins Hard Boiled Eggs Strawberry Yogurt Granola Assorted Juice Cantaloupe Wedges	9:00 AM Cold Cereal w/ Milk Warm Bagels Cr. Cheese & Jelly Lox Spread Tomatoes & Onions Fresh Fruit Salad Hard Boiled Eggs Assorted Juice	9:00 AM Cold Cereal w/ Milk Broccoli & Cheddar Crustless Quiche w/ Salsa & Ketchup Assorted Juice	9:00 AM Cold Cereal w/ Milk Cheese Blintzes Jelly & Sr. Cream Fresh Fruit Salad Hard Boiled Eggs Assorted Juice Whole Fruit	9:00 AM Cold Cereal w/ Milk Hard Boiled Eggs Blueberry Muffins Chilled Peaches Assorted Juice	9:00 AM Cream of Wheat Br. Sugar & Raisins Scrambled Eggs Turkey Sausage Hash Browns & Assorted Juice Whole Fruit	9:00 AM Scrambled Eggs Turkey Bacon Tater Tots & Ketchup Flour Tortillas Fresh Salsa & Guacamole Pear Halves Assorted Juice
L U N C H E S	12:30 PM Salad Bar Veggy Spring Rolls Sweet & Sour Sauce Asian Noodle Salad Teriyaki-Garlic Chicken Wings Assorted Punch/Water <i>PB & J / Tuna</i>	12:30 PM Salad Bar Macaroni & Cheese Warm Vegetable Soup Vegetable Sticks Whole Fruit Assorted Punch/Water <i>PB & J / Tuna</i>	12:30 PM Wrap Day! Turkey, Tuna and Turkey Bacon Assorted Wraps Shredded Lettuce Diced Tomatoes/Guac. Pickles/Potato Chips Assorted Punch/Water	12:30 PM Salad Bar Cheese Enchiladas Guac, Pace Salsa & Sour Cream Refried Beans Assorted Punch/Water <i>PB & J / Tuna</i>	12:30 PM Salad Bar Meatballs w/ Marinara and French Rolls Peppers & Onions Onion Rings Assorted Punch/Water <i>PB & J / Tuna</i>	12:30 PM Salad Bar Gyro Slices & Falafel Lettuce & Tomatoes Israel Salad & Humus Warm Pita Bread Assorted Punch/Water <i>PB & J / Tuna</i>	12:30 PM Salad Bar Chicken Patty Sands. Lettuce, Tomatoes Red Onions/Mayo French Fries/Ketchup Cole Slaw Assorted Punch/Water <i>PB & J / Tuna</i>
S N A C K	4:00 PM Fresh Baked Cookies with Choc. Milk Whole Fruit	4:00 PM Rice Crispy Treats Carrot and Celery Sticks Whole Fruit Beverage & Water	4:00 PM Ice Cream Sandwich Whole Fruit Beverage & Water	4:00 PM Goldfish Fresh Fruit Salad Beverage & Water	4:00 PM Teddy Grahams Whole Fruit Beverage & Water	4:00 PM Rold Gold Pretzels Fresh Fruit Salad Beverage & Water	4:00 PM Cinnamon Poptarts Fresh Fruit Salad Beverage & Water
D I N N E R S	7:00 PM Salad Bar Beef Fajitas/Tortillas Lettuce & Tomatoes Salsa & Guacamole White Rice & Blk.Beans Cinnamon Churros Assorted Punch/Water	7:00 PM Caesar Salad Tortellini Pasta with Alfredo & Pesto Sauce Garlic Knots Grilled Vegetables Frozen Frog Spit Assorted Punch/Water	7:00 PM Salad Bar Roasted Turkey Mushroom Gravy Roasted Potatoes Broccoli / Cranberry Wt. Rolls & Margarine Jell-O & Marshmlws w/ Whip Topping Assorted Punch/Water	7:00 PM Salad Bar Tangy Meatloaf Mashed Potatoes Mushroom Gravy Rolls & Margarine Sautéed Zucchini Cherry Tarts Assorted Punch/Water	7:00 PM Salad Bar Vegetarian Chili Cheddar Cheese Grilled Onions & Sour Cream Veggies Brown Rice Marble Cake Assorted Punch/Water	Shabbat / 7:35 PM Salad Bar Beef Brisket Sautéed Zucchini Roasted Potatoes Challah/Honey/Marg Choc. Brownie w/ Vanilla Frosting Assorted Punch/Water	Barbecue / 6:45 PM Hotdogs & Buns All the Fix'ins & Spicy Chili Vegetarian Beans Potato Salad Sliced Watermelon Assorted Punch/Water