

GAN ISRAEL DAY CAMPS MENU for SUMMER 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 June 28 – June30			<p>Morning Snack: Cheerios, 1% Milk</p> <p>Lunch: Bagels, Cream Cheese, Tuna, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Rice Krispies, 1% Milk</p> <p>Lunch: Chicken Nuggets, Rice, Corn, Fresh Fruit , Juice</p> <p>Snack: Tea Biscuits, Applesauce, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Snack: Challah, Cheese, Grape Juice</p> <p>Lunch: Pizza, Fresh Veggies, Watermelon</p> <p>Shabbat Party Snack: Shabbat treat</p> <p>End of Day Treat: Ice Pops</p>
Week 2 July 3 – 7	<p>Morning Snack: Chex, 1% Milk, Water</p> <p>Lunch: Penne Alla Vodka, FreshVegetables, 1% milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>July 4th NO CAMP</p>	<p>Morning Snack: Cheerios, 1% Milk</p> <p>Lunch: Bagels, Cream Cheese, Tuna, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Rice Krispies, 1% Milk</p> <p>Lunch: Chicken Nuggets, Rice, Corn, Fresh Fruit, Juice</p> <p>Snack: Tea Biscuits, Applesauce, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Snack: Challah, Cheese, Grape Juice</p> <p>Lunch: Pizza, Fresh Veggies, Watermelon</p> <p>Shabbat Party Snack: Shabbat treat</p> <p>End of Day Treat: Ice Pops</p>
Week 3 July 10-14	<p>Morning Snack: Chex, 1% Milk, Water</p> <p>Lunch: Mac & Cheese, Fresh Vegetables,1% milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Wheat Crackers, Cheese</p> <p>Lunch: French Toast, Noodles, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Tam Tams, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Cheerios, 1% Milk</p> <p>Lunch: Bagels, Cream Cheese, Tuna, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Rice Krispies, 1% Milk</p> <p>Lunch: Chicken nuggets, rice, Fresh Vegetables, Fresh Fruit, Juice</p> <p>Snack: Tea Biscuits, Applesauce, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Snack: Challah, Cheese, Grape Juice</p> <p>Lunch: Pizza, Fresh Veggies, Watermelon</p> <p>Shabbat Party Snack: Shabbat treat</p> <p>End of Day Treat: Ice Pops</p>
Week 4 July 17-21	<p>Morning Snack: Chex, 1% Milk, Water</p> <p>Lunch: Penne Alla Vodka, FreshVegetables, 1% milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Wheat Crackers, Cheese</p> <p>Lunch: French Toast, Noodles, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Tam Tams, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Cheerios, 1% Milk</p> <p>Lunch: Bagels, Cream Cheese, Tuna, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Rice Krispies, 1% Milk</p> <p>Lunch: Chicken Nuggets, Rice, Corn, Fresh Fruit , Juice</p> <p>Snack: Tea Biscuits, Applesauce, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Snack: Challah, Cheese, Grape Juice</p> <p>Lunch: Pizza, Fresh Veggies, Watermelon</p> <p>Shabbat Party Snack: Shabbat treat</p> <p>End of Day Treat: Ice Pops</p>

NOTES:

1. Please alert us if your child has allergies.
2. Alternate selections will be available if a child does not eat the lunch (i.e. pasta, soy-nut butter/sunflower/jam sandwiches on whole wheat bread or crackers).
3. Camp reserves the right to make changes to the menu at any time.
4. Please discuss any food concerns with Jessica.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5 July 24-28	<p>Morning Snack: Chex, 1% Milk, Water</p> <p>Lunch: Mac & Cheese, Fresh Vegetables, 1% milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat-Ice Pops</p>	<p>Morning Snack: Rice Krispies, 1% Milk</p> <p>Lunch: French Toast, Noodles, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Tam Tams, Fresh Fruit, Water</p> <p>End of Day Treat - Ice Pops</p>	<p>Morning Snack: Cheerios, 1% Milk</p> <p>Lunch: Bagels, Cream Cheese, Tuna, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Wheat Crackers, Cheese, Water</p> <p>Lunch: Fish Sticks, rice, Fresh Vegetables, Fresh Fruit, Juice</p> <p>EARLY DISMISSAL 12:30PM</p>	<p>Snack: Challah, Cheese, Grape Juice</p> <p>Lunch: Pizza, Fresh Vegetables, Fresh Fruit, Water</p> <p>Shabbat Party Snack: Shabbat treat, Fruit</p> <p>End of Day Treat: Ice Pops</p>
Week 6 July 31- Aug 4	<p>Morning Snack: Chex, 1% Milk, Water</p> <p>Lunch: Penne Alla Vodka Fresh Vegetables, 1% milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat-Ice Pops</p>	<p>Morning Snack: Rice Krispies, 1% Milk</p> <p>Lunch: French Toast, Noodles, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Tam Tams, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Cheerios, 1% Milk</p> <p>Lunch: Bagels, Cream Cheese, Tuna, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Wheat Crackers, Cheese, Water</p> <p>Lunch: Mac and cheese, Fresh Vegetables, Fresh Fruit, Juice</p> <p>Snack: Tea Biscuits, Applesauce, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Snack: Challah, Cheese, Grape Juice</p> <p>Lunch: Pizza, Fresh Vegetables, Fresh Fruit, Water</p> <p>Shabbat Party Snack: Shabbat treat, Fruit</p> <p>End of Day Treat: Ice Pops</p>
Week 7 Aug. 7-11	<p>Morning Snack: Chex, 1% Milk, Water</p> <p>Lunch: Mac & Cheese, Fresh Vegetables, 1% milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat-Ice Pops</p>	<p>Morning Snack: Rice Krispies, 1% Milk</p> <p>Lunch: French Toast, Noodles, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Tam Tams, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Cheerios, 1% Milk</p> <p>Lunch: Bagels, Cream Cheese, Tuna, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Wheat Crackers, Cheese, Water</p> <p>Lunch: Chicken Nuggets, Rice, Fresh Vegetables, Fresh Fruit, Juice</p> <p>Snack: Tea Biscuits, Applesauce, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Snack: Challah, Cheese, Grape Juice</p> <p>Lunch: Pizza, Fresh Vegetables, Fresh Fruit, Water</p> <p>Shabbat Party Snack: Shabbat treat, Fruit</p> <p>End of Day Treat: Ice Pops</p>
Week 8 Aug. 14-18	<p>Morning Snack: Chex, 1% Milk, Water</p> <p>Lunch: Penne Alla vodka, Fresh Vegetables, 1% milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat-Ice Pops</p>	<p>Morning Snack: Rice Krispies, 1% Milk</p> <p>Lunch: French Toast, Noodles, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Tam Tams, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Cheerios, 1% Milk</p> <p>Lunch: Bagels, Cream Cheese, Tuna, Fresh Vegetables, Fruit, Milk</p> <p>Snack: Graham Crackers, Fresh Fruit, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Morning Snack: Wheat Crackers, Cheese, Water</p> <p>Lunch: Chicken Nuggets, Rice, Fresh Vegetables, Fresh Fruit, Juice</p> <p>Snack: Tea Biscuits, Applesauce, Water</p> <p>End of Day Treat: Ice Pops</p>	<p>Snack: Challah, Cheese, Grape Juice</p> <p>Lunch: Pizza, Fresh Vegetables, Fresh Fruit, Water</p> <p>Shabbat Party Snack: Shabbat treat, Fruit</p> <p>End of Day Treat: Ice Pops</p>