

J Camp Kosher Lunch Sample

5 Week Menu Rotation

- Entrees will rotate out with the changing seasons, fruit and veggies can change due to delivery and/or quality issues.
- Entrees may change depending on availability of meat and/or purveyor delivery ability (some items are special order and take different lead times).
- Other entrees can be subbed in (not all options fit in a 5 week rotation (pizza, meatballs, fish sandwich, meat chicken nuggets, asian chicken, little smokies and new menu items as they develop.
- Each lunch entrée below will have the appropriate fruit/veg/grain included that will fit with the menu and dietary needs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheesy Eggs	Pizza Bagel	Hot Dog	French Toast Sticks	Fish Sticks
Waffle	Veggie Chili	BBQ Chicken	Grilled Cheese & Tomato Soup	Beef Chili
Tuna Casserole	English Muffin Pizza	Sloppy Joe	Chicken & Rice	Pancake
Mac & Cheese	Cheese Quesadilla	Salami & Potatoes	Pasta & Meat Sauce	Meatball Sub
Chickenless Nuggets	Veggie Pasta Salad	Turkey Sandwich	Tilapia Fillet	Veggie Burger