



JUNE - JULY

2023



CLASSIC FALLBACK Daily Meal Options

PASTA & RICE OPTIONS:

- GARLIC BUTTERED PASTA
- CHOICE OF RED SAUCE
- WHITE RICE

SANDWICHES & BAGELS:

- CHEESE SANDWICH
- BUTTERED BAGEL
- CREAM CHEESE BAGEL
- SUNBUTTER & JELLY
- & FULL SANDWICH STATION

OTHER PROTEINS:

- SLICED TURKEY
- GRILLED CHICKEN
- SPANISH STYLE BEANS
- HARD BOILED EGGS

FOOD FACTS:

- ADDITIONAL SNACKS MAY ALSO BE PROVIDED THROUGHOUT THE DAY BASED ON AGE GROUP
- OUR FOOD IS BAKED OR FRESHLY GRILLED & 0% TRANS FAT
- OUR SANDWICHES ARE MADE ON WHOLE WHEAT BREAD
- OUR CAMPER CARE TEAM PROVIDES SUPPORT & MENU ALTERNATIVES FOR A RANGE OF DIETARY CONCERNS
- GATE HILL DOES NOT SERVE ANY PEANUT OR TREE NUT PRODUCTS



*Menu is subject to change



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

WEEK 2

WEEK 3

WEEK 4

26



MAC & CHEESE
& ROASTED VEGGIES

27



HARD SHELL
TURKEY TACOS

28



HOTDOG &
CORN ON THE COB

29



GRILLED
CHICKEN SANDWICH
& TATER TOTS

30



CHEESE PIZZA

3



CHICKEN TENDERS
& WAFFLE FRIES

4



Camp
Closed

5



BURGER &
CORN ON THE COB

6



PASTA & TURKEY
MEATBALLS
& GARLIC BREAD

7



CHEESE PIZZA

10



FRENCH TOAST
STICKS &
TURKEY SAUSAGE

11



GRILLED CHEESE
& CARROT STICKS

12



HOTDOG &
CORN ON THE COB

13



TURKEY
MEATBALL SUB &
ROASTED BROCCOLI

14



CHEESE PIZZA

17



CHICKEN TENDERS
& SWEET POTATO
WEDGES

18



HARD SHELL
TURKEY TACOS

19



BURGER &
CORN ON THE COB

20



CHEESE QUESADILLA

21



CHEESE PIZZA

ALSO ON DECK FOR LUNCH

FRESH FRUIT OPTIONS:

- ORANGES
- WATERMELON
- BANANAS
- APPLES
- CANTALOUPE
- PEARS
- & OTHER SEASONAL FRUIT

YOGURTS:

- ASSORTED FLAVORS

FULL SALAD BAR

- SPRING MIX
- SLICED CUCUMBERS
- DICED TOMATOES
- RED ONIONS
- SHREDDED CARROTS
- BROCCOLI
- MUSHROOMS
- BLACK OLIVES
- CRAISINS
- BEETS
- CORN
- SHREDDED CHEESE
- CRUMBED FETA
- ARTICHOKE
- & SO MUCH MORE!!!

*OPTIONS MAY VARY BY DAY



CAMP BUG JUICE & WATER

OUR DAY ENDS WITH THE CAMPERS CHOICE OF 2 OF THE FOLLOWING SNACKS:
FRESH FRUIT, FROZEN TREAT AND/OR PACKAGED SNACK

"NO ONE LEAVES GATE HILL WITHOUT A SNACK!" -BOB MALE



JULY - AUG

2023



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- SUNBUTTER & JELLY
- & FULL SANDWICH STATION

OTHER PROTEINS:

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- GRILLED CHICKEN
- SPANISH STYLE BEANS
- HARD BOILED EGGS

FOOD FACTS:

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CAMP BUG JUICE & WATER

WEEK 5

WEEK 6

WEEK 7

WEEK 8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

24



MAC & CHEESE
& ROASTED VEGGIES

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PASTA & TURKEY
MEATBALLS
& GARLIC BREAD

26



HOTDOG &
CORN ON THE COB

27



GRILLED
CHICKEN SANDWICH
& TATER TOTS

28



CHEESE PIZZA

31



CHICKEN TENDERS
& WAFFLE FRIES

1



GRILLED CHEESE
& CARROT STICKS

2



BURGER &
CORN ON THE COB

3



HARD SHELL
TURKEY TACOS

4



CHEESE PIZZA

7



CHEESE TORTELLINI
& GARLIC BREAD

8



FRENCH TOAST
STICKS &
TURKEY SAUSAGE

9



HOTDOG &
CORN ON THE COB

10



CHEESE QUESADILLA

11



CHEESE PIZZA

14



TURKEY
MEATBALL SUB &
ROASTED BROCCOLI

15



VEGGIE LO MEIN
& VEGGIE EGG ROLLS

16



BURGER &
CORN ON THE COB

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GRILLED
CHICKEN SANDWICH
& TATER TOTS

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