

# June Lunch Menu

If purchased, a field trip lunch includes: Bagel, Cream Cheese, Chips, Fruit, Dessert & Drink.

	Mon	Tue	Wed	Thu	Fri	Fri Dress Up
<b>Mini Camp 1</b>	<b>20</b> Mac & Cheese Dinner Roll, Fresh Fruit, Wafer Cookie	<b>21</b> Cheese Enchiladas with Spanish Rice, garden salad, ranch and churro	<b>22</b> Cheese Pizza, Ranch Dipping Sauce, Oven baked fries, carrots, cucumber, fresh fruit	<b>23</b> Pancakes with syrup, Hash brown, eggs, sliced tomato, cucum- ber, honeydew and cantaloupe	<b>24</b> Chicken Nuggets, fries, tomato & cu- cumber chopped salad, pineapple & watermelon	
<b>Session 1 Week 1</b>	<b>27</b> Grilled Cheese, baby carrots, tomato slices, fries, apple  <i>Human Bowling</i>	<b>28</b> Pasta Alfredo Sauce on the side, shredded cheese, edamame, roll and watermelon  <i>Bubble Blowing Contest</i>	<b>29</b> Cheese Pizza Bagels, Ranch dipping sauce, oven baked fries, car- rots, cucumber, fresh fruit  <i>Haverim Chef</i>	<b>30</b> Baked Potato with but- ter & cheese on the side, sliced tomato & cucumber and ranch, cookie  <i>Soda Tasting Contest</i>	<b>1</b> Hamburger, fries, corn on the cob and orange slices  SHABBAT WALK: Unit Heads Tzedak Collection	<b>RED, WHITE &amp; BLUE DRESS UP DAY</b>

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Merage Jewish Community Center • 1 Federation Way, Suite 200, Irvine, CA 92603  
949.435.3400 • fax: 949.435.3401 • haverim@jccoc.org • www.jccoc.org



**Lunch Substitution**  
Bagel, cream  
cheese, chips and  
drink are available  
upon request

# July Lunch Menu

If purchased, a field trip lunch includes: Bagel, Cream Cheese, Chips, Fruit, Dessert & Drink.

	Mon	Tue	Wed	Thu	Fri	Fri Dress Up
<b>Session 1 Week 2</b>	4 <b>NO CAMP</b>	5 Cheese Pizza, Ranch dipping sauce, fries, carrots & cucumber, fresh fruit  <i>Shaving Cream on the Table</i>	6 3 Cheese quesadilla & fries, salsa, carrots & cucumbers, blueberry yogurt  <i>Game Show: Wipe Out</i>	7 Pasta Marinara with sauce on the side, roll, edamame, orange slices  <i>Bubbles</i>	8 Chicken Teriyaki with Brown rice & broccoli, honey dew, cantaloupe and parve brownie  SHABBAT WALK: <i>Sabra</i> Tzedak Collection	<b>COLOR WAR</b>
<b>Session 1 Week 3</b>	11 Wheat Bagel with fried egg & cheddar cheese, tomato, cucumber chopped salad, chocolate chip cookie  <i>Outdoor Volleyball—Flour</i>	12 Grilled Cheese, baby carrots, tomato slices, fries, apple  <i>Tie-Dye (Bring a white shirt)</i>	13 Oven baked veggie nuggets, French Fries, Celery, apple, wafers  <i>National French Fry Day Spin the Wheel</i>	14 Whole wheat burrito with rice, cheese & beans, salsa, carrots, cucumbers, chocolate pudding  <i>Pitch a tent on the field</i>	15 Hot dog, fries, lettuce, tomato, cucumber, watermelon SHABBAT WALK: <i>CIT/MADRCHIM</i> Tzedak Collection Switch Roles	<b>MONSTERS &amp; ALIENS</b>
<b>Session 2 Week 1</b>	18 Veggie Balls & Spaghetti Marinara Sauce, Caesar Salad, Chocolate Chip Cookie  <i>Yoga/Pilates Day</i>	19 Mac & Cheese, roll, fresh fruit, chocolate pudding  <i>Camp Wide Food Drive (Bring in non-perishable food items)</i>	20 Falafel, hummus, pita, cucumber & tomato salad, M&M cookie  <i>America's Next Great Camp</i>	21 Cheese Pizza, Ranch dipping sauce, fries, carrots & cucumber, fresh fruit  <i>Thank You Notes to the JCC</i>	22 Turkey Sandwich, fries, Caesar Salad, wafers SHABBAT WALK: <i>Theater Camp</i> Tzedak Collection	<b>TOGA DAY</b>
<b>Session 2 Week 2</b>	25 French Toast, hash brown, scrambled egg, mixed fruit, cookie  <i>Backwards Day</i>	26 Butter Pasta, dinner roll, cheese on the side, carrots & celery, ranch, cookie  <i>Cake Decorating</i>	27 Grilled Cheese, baby carrots & tomato slices, fries and apple  <i>Game Show: Camp Haverim Glee</i>	28 Cheese enchiladas with Spanish rice, garden salad, ranch, blueberry Yogurt  <i>1st Finger-print was taken on this day—learn about finger prints</i>	29 Chicken Nuggets, fries, tomato & cucumber chopped salad, pineapple & watermelon SHABBAT WALK: <i>Kton Ton</i> Tzedak Collection	<b>JUNGLE ANIMALS</b>

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# August Lunch Menu

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	Mon	Tue	Wed	Thu	Fri	Fri Dress Up
<b>Session 2 Week 3</b>	<b>1</b> Baked Potato with butter & cheese, sliced tomato & cucumber with ranch, cookie <i>Obstacle Course</i>	<b>2</b> Pancakes with syrup, hash browns, eggs, chopped tomato & cucumber, M&M cookie <i>Parachute Games</i>	<b>3</b> Cheese Pizza, Ranch dipping sauce, fries, carrots & cucumbers, fresh fruit <i>Ice Cream Sundae</i>	<b>4</b> Butter Pasta, dinner roll, cheese on the side, carrots, celery & ranch, cookie <i>Role Switch Camper/Director</i>	<b>5</b> Hamburger, fries, corn on the cob and orange slices SHABBAT WALK: Zahav Tzedak Collection	<b>PAJAMA &amp; CRAZY HAIR DAY</b>
<b>Session 3 Week 1</b>	<b>8</b> Grilled Cheese, baby carrots & tomatoes, oven baked fries, apple <i>Water Games</i>	<b>9</b> Spaghetti & Marinara Sauce, Caesar Salad, Chocolate Chip Cookie <i>Airplane Flying Contest</i>	<b>10</b> 3 Cheese Quesadilla, oven baked fries, fresh salsa, carrots & cucumbers, blueberry yogurt <i>Flying Space Mats</i>	<b>11</b> Oven baked Veggie Nuggets, roasted potatoes, cucumbers, carrots and cookie <i>Bring your favorite board game</i>	<b>12</b> Chicken Teriyaki with Brown rice & broccoli, fruit and brownie SHABBAT WALK: <i>Ruach</i> Tzedak Collection	<b>PIRATES &amp; PRINCESS DAY</b>
<b>Session 3 Week 2</b>	<b>15</b> Cheese Pizza, Ranch dipping sauce, fries, carrots & cucumbers, fresh fruit <i>Messy Monday</i>	<b>16</b> Mac & Cheese Dinner Roll, Fresh Fruit, Wafer Cookie <i>Four Square Day</i>	<b>17</b> Baked Potato with butter, cheese, sliced tomato & cucumber with ranch, cookie <i>Role Switch Fear Factor</i>	<b>18</b> Whole wheat burrito with rice, cheese & beans, salsa, carrots, cucumbers, chocolate pudding <i>Human Bowling</i>	<b>19</b> Turkey Sandwich, fries, Caesar Salad, wafers SHABBAT WALK: <i>Chai</i> Tzedak Collection	<b>SPORTS &amp; ROCK STAR DAY</b>
<b>Session 3 Week 3</b>	<b>22</b> Butter Pasta, dinner roll, cheese on the side, carrots, celery & ranch, cookie <i>Magic Tricks</i>	<b>23</b> Wheat Bagel with fried egg & cheddar cheese, tomato, cucumber chopped salad, chocolate chip cookie <i>Capture the Flag</i>	<b>24</b> Cheese Pizza, Ranch dipping sauce, fries, carrots & cucumbers, fresh fruit <i>Wheel of Fortune</i>	<b>25</b> 3 Cheese Quesadilla, oven baked fries, fresh salsa, carrots & cucumbers, blueberry yogurt <i>Water balloon Toss</i>	<b>26</b> Hot dog, fries, lettuce, tomato, cucumber, watermelon SHABBAT WALK: <i>Sporto</i> Tzedak Collection	<b>CAMP HAVERIM LUAU</b>
<b>Mini Camp 2</b>	<b>29</b> French Toast with syrup, hash browns, eggs, sliced tomato & cucumber, M&M cookie	<b>30</b> Cheese Pizza, Ranch dipping sauce, fries, carrots & cucumbers, fresh fruit	<b>31</b> Grilled Cheese, baby carrots & tomatoes, oven baked fries, apple	<b>1</b> Butter Pasta, dinner roll, cheese on the side, carrots, celery & ranch, cookie	<b>2</b> Hamburger, fries, corn on the cob and orange slices	

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