



## LUNCH AND SNACKS

Our facility **does not** have cooking equipment. Here are some considerations for lunch for your child.

**Mondays:** Paid bagel lunch option (see lunch option sheet) or lunch sent from home.

**Tuesdays:** Paid lunch option from deli (see lunch option sheet) or lunch from home.

**WEDNESDAYS:** CAMP PROVIDES LUNCH FOR ALL BROUGHT IN FROM LOCAL RESTAURANTS (SEE MENU BELOW) or lunch from home.

**Thursdays:** Paid lunch option from deli (see lunch option sheet) or lunch from home.

**Fridays:** Paid lunch option from deli (see lunch option sheet) or lunch from home.

### SOME NOTES ABOUT LUNCHEES FROM HOME:

1. Golda Och Academy, where camp is held, is a kosher facility. That means you cannot send lunches that contain meat (beef, pork, veal, poultry, other) or shellfish. Anything else is allowed. (Tuna and non-shellfish are fine.) If you need help figuring out what to send, please call us...we're experts at this by now!
2. Lunches from home will be refrigerated right after arrival.
3. We cannot microwave lunches. Thermoses will keep lunch items warm. Let us know and we won't refrigerate those.
4. It is best to send lunches in disposable bags. If you send lunch in insulated bags, or other non-disposable containers, we will do our very best to make sure they come home every day.
5. You **MAY** send a lunch that contains nut products however we ask you to place one of our provided "Lunch Contains Nuts" stickers on it so that we may protect the health of children with allergies. Let us know if you need these stickers. Alternatively you can write it on the lunch bag with a marker. (Children with nut allergies will sit a safe distance from children consuming nut products. Hands, faces and tables will be cleansed.) **We** do not serve any food items with nut products.
6. If you or your child forgets the lunch from home, please don't worry. We've got it covered and will probably realize it before you even have a chance to call! We will always have a nutritional lunch available (and we'll be careful about restrictions/allergies too!)

### **Beverages at Lunchtime**

We provide juices or cold water every day. We can provide milk although it is not typically put on the table. Please let us know if your child drinks milk at lunchtime. (Note: Fresh, cold water is available all over camp throughout the day.)

### **Wednesday Complimentary Lunch Menu**

June 28, July 19, August 9	Pizza and Salad
July 5, July 26	Chicken Nuggets and Chips
July 12	Baked Ziti and Salad
August 2	Macaroni 'n Cheese and Salad

**Gluten free and/or dairy free items are available. See Food Permission/Wednesday Complimentary Lunch Form**

### **SNACKS**

Harbor Haven provides a mid-morning snack and an afternoon snack. Morning snack may be graham crackers, animal crackers, oatmeal cookies, fruit, pretzels, cereal snack bags or other similar choices. Afternoon snack may consist of cookies, fruit, ice cream, ice pops, pretzels, etc. Two options will be offered at each snack time. Gluten free/dairy free options are offered. If your child is allowed to eat only food from home you must send a supply of snacks for your child. **Harbor Haven does not serve any foods that contain nuts or nut products!**

## Food Permission/Complimentary Wednesday Lunch Selection Form

### EVERYONE MUST COMPLETE AND RETURN THIS SECTION

Child's Name \_\_\_\_\_ Age \_\_\_\_\_

List Food Allergies \_\_\_\_\_

- ( ) I give permission for my child to eat meals and snacks provided by Harbor Haven.
- ( ) I do not give permission for my child to eat meals or snacks provided by Harbor Haven. My child will bring his/her own snacks and lunch.
- ( ) My child may eat certain meals and snacks provided by Harbor Haven with the exception of those that contain ingredients listed below. (If you check this option you may receive a phone call to discuss it further.)

### FOOD ALLERGIES-RESTRICTIONS:

\_\_\_\_\_

\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

On our complimentary lunch Wednesdays we serve the following. Check off your child's choices for complimentary lunch based on the dates he/she is attending.

Pizza 6/28, 7/19 and 8/9 From Jerusalem Restaurant	Chicken Nuggets 7/5 and 7/26 From Deli King	Baked Ziti 7/12 From Jerusalem Restaurant	Macaroni & Cheese 8/2 From Jerusalem Restaurant
<input type="checkbox"/> Regular Pizza <input type="checkbox"/> Pizza no cheese <input type="checkbox"/> Pizza no Sauce <input type="checkbox"/> Gluten-Free Pizza w/cheese and sauce <input type="checkbox"/> Gluten-Free Pizza no cheese <input type="checkbox"/> Gluten-Free Pizza no sauce <input type="checkbox"/> Lunch from home	<input type="checkbox"/> Regular Breaded Chicken Nuggets <input type="checkbox"/> Grilled Chicken Nuggets <input type="checkbox"/> Lunch from home	<input type="checkbox"/> Regular Baked Ziti <input type="checkbox"/> Baked Ziti with sauce no cheese <input type="checkbox"/> Plain Ziti (w/margarine) <input type="checkbox"/> Gluten Free pasta w/cheese and sauce <input type="checkbox"/> Gluten free pasta w/sauce - no cheese <input type="checkbox"/> Gluten free pasta - Plain (w/margarine) <input type="checkbox"/> Lunch from home	<input type="checkbox"/> Regular macaroni and cheese <input type="checkbox"/> Plain macaroni - no cheese (w/margarine) <input type="checkbox"/> Gluten free pasta w/cheese <input type="checkbox"/> Gluten free pasta - plain (w/margarine) <input type="checkbox"/> Lunch from home