

JULY 2025 CRESTWOOD LUNCH SUB MENU

CAMPER NAME: _____ ALLERGIES:

GROUP: _____

INSTRUCTIONS: Please cross out menu items your child cannot eat and write in substitute from below list. Return form via email to Food Allergies/ Dietary Restrictions Coordinator at heatherbermancw@gmail.com

MON	TUES	WEDS	THURS	FRI
June 30 POPCORN CHICKEN (Wheat, Soy)	1 PIZZA (Wheat, Dairy, Soy)	2 PASTA/MEATBALL (Wheat, Soy, Milk, Egg)	3 COOKOUT Burgers, Turkey Hot Dogs, Chicken	4 CLOSED
7 BAKED ZITI (Dairy, Wheat, Egg)	8 FRENCH TOAST (Wheat, Soy) **EGG FREE**	9 MAC & CHEESE (Wheat, Dairy, Soy)	10 CHICKEN TENDERS (Wheat)	11 PIZZA (Wheat, Dairy, Soy)
14 GRILLED CHEESE (Wheat, Soy, Dairy)	15 WINGS (Wheat, Soy) NUGGETS (Wheat)	16 PIZZA (Wheat Dairy, Soy)	17 PASTA/MEATBALL (Wheat, Soy, Milk, Egg)	18 COOKOUT Burgers, Turkey HD, Chicken
21 PIZZA (Wheat Dairy, Soy)	22 MAC & CHEESE (Wheat, Dairy, Soy)	23 CHICKEN TENDERS (Wheat)	24 FRENCH TOAST (Wheat, Soy) *NO EGG**	25 POPCORN CHICKEN (Wheat, Soy)

DAILY SUBSTITUTES (Always Avail)

- Beef Hamburger
- Veggie Burger (SOY)
- Turkey Hot Dog (Ages 5 & Older)
- Sliced Turkey Breast
- Low Fat Yogurt (DAIRY)
- Tuna Egg Salad Sandwiches (EGG)
- Egg Salad Sandwiches (Soy, Milk, Wheat)
- Grilled Cheese (WHEAT, DAIRY, SOY)
- WowButter Sandwich (SOY, WHEAT)
- Plain Pasta (WHEAT)
- Grilled Chicken
- Bagels (WHEAT, may contain SESAME)
- Buns (WHEAT, SOYBEAN OIL)
- Bread (WHEAT, SOY)
- **bread/buns made in a facility w/ egg & sesame*

SNACKS

- Goldfish (WHEAT, MILK), Pretzels (WHEAT)
- Graham Crackers (WHEAT, SOY)
- Animal Crackers (WHEAT, MILK, EGG, SOY)
- Ritz Crackers (WHEAT, SOY)
- Nilla Wafers (WHEAT, MILK, EGG SOY)
- Chocolate Chip Cookies (WHEAT, MILK, EGG, SOY)
- ZEE ZEE Bars (Various Allergens - See Website)
- Cookout Cake (MILK, EGG, WHEAT, SOY)
- Ice Cream and Ices (Various - See Website)

KOSHER (Beef Burger, Beef Hot Dog)

NOTES: