

# AUGUST 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](mailto:heatherbermancw@gmail.com)

MON	TUES	WEDS	THURS	FRI
JULY 28  <b>GRILLED CHEESE</b> (Wheat, Dairy, Soy)	29  <b>NUGGETS AND WINGS</b> (Wheat)	30  <b>COOKOUT</b> Burgers, Turkey Hot Dogs, Chicken	31  <b>POPCORN CHICKEN</b> (Wheat, Soy)	AUG 1  <b>PIZZA</b> (Wheat, Dairy, Soy)
4  <b>FRENCH TOAST</b> (Wheat, Soy) <b>**EGG FREE**</b>	5  <b>PIZZA</b> (Wheat, Dairy, Soy)	6  <b>CHICKEN TENDERS</b> (Wheat)	7  <b>PASTA/MEATBALL</b> (Wheat, Soy, Milk, Egg)	8  <b>MAC &amp; CHEESE</b> (Wheat, Dairy, Soy)
11  <b>PIZZA</b> (Wheat Dairy, Soy)	12  <b>COOKOUT</b> Burgers, Turkey Hot Dogs, Chicken	13  <b>PASTA/MEATBALL</b> (Wheat, Soy, Milk, Egg)	14  <b>FRENCH TOAST</b> (Wheat, Soy) <b>**EGG FREE**</b>	15  <b>POPCORN CHICKEN</b> (Wheat, Soy)
18  <b>GRILLED CHEESE</b> Wheat, Dairy, Soy	19  <b>CHICKEN TENDERS</b> (Wheat)	20  <b>PIZZA</b> (Wheat Dairy, Soy)	21  <b>PASTA</b>	22  <b>CHICKEN NUGGETS/ TENDERS</b> (Wheat, Soy)

## DAILY SUBSTITUTES (Always Avail)

- Beef Hamburger
- Veggie Burger (SOY)
- Turkey Hot Dog (Ages 5 & Older)
- Sliced Turkey Breast
- Low Fat Yogurt
- Tuna Sandwich
- Egg Salad Sandwiches
- Grilled Cheese (WHEAT, MILK)
- 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)
- Teddy Graham Cinnamon (WHEAT, SOY)
- Animal Crackers (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: