



2026 LUNCH MENU

DAILY OPTIONS INCLUDE:

KOSHER TURKEY, SUNBUTTER & JELLY, and **TUNA** sandwiches on whole wheat bread. Black Bean Taco Salad wraps are also available.

SALAD BAR with all the fixings: Mixed Greens, Tofu, Grape Tomatoes, Corn, Chickpeas, Cucumbers, Pasta Salad, Black Bean Taco Salad, Lo Mein Salad, Edamame, Hard-Boiled Eggs, Shredded Cheese, Apple Sauce, and Assorted Dressings.

NON-FAT FRUIT YOGURTS in a variety of flavors.

Fresh-baked **WHOLE WHEAT BAGELS** with cream cheese or dairy-free margarine.

FRESH FRUIT, ICE CREAM, ICE POPS, and **PRETZELS** for snack every afternoon.

Monday

PIZZA PIZZA!
Tossed Salad
Potato Chips
Chocolate Pudding
Apples

CHEESE QUESADILLA
with Rice and Beans
Tossed Salad
Chocolate Pudding
Apples

PIZZA BAGELS
Tossed Salad
Potato Chips
Chocolate Pudding
Apples

CHEESY BREAD
Tossed Salad
Corn Chips
Chocolate Pudding
Apples

Tuesday

MAC & CHEESE
or Buttered Noodles
Dinner Roll
Tossed Salad
Brownies
Apples

POTATO PIEROGIES
or Buttered Noodles
Dinner Roll
Funfetti Cake
Watermelon

BAKED ZITI
or Buttered Noodles
Dinner Roll
Tossed Salad
Brownies
Apples

VEGGIE CHILI
Tossed Salad
Cornbread
Jello
Watermelon

Wednesday

CRISPY CHICKEN SANDWICH
Tossed Salad
Potato Sticks
Jello
Watermelon

BARRY'S GRILLED CHEESE
Tossed Salad
Mashed Potatoes
Cookies
Apples

CHICKEN & WAFFLES
Tossed Salad
Potato Sticks
Jello
Watermelon

SHORT STACK OF PANCAKES
with Syrup
Tossed Salad
Tater Tots
Apples

Thursday

FRENCH TOAST STICKS
with Syrup
Tossed Salad
Tater Tots
Apples

CHICKEN NUGGETS
Tossed Salad
Tater Tots
Jello
Apples

EGG & CHEESE ON A BAGEL
Tossed Salad
Potato Sticks
Funfetti Cake
Apples

BARRY'S GRILLED CHEESE
Tossed Salad
Mashed Potatoes
Cookies
Apples

Friday

HAMBURGERS & HOT DOGS
Tossed Salad
Potato Chips
Cookies
Watermelon

Make your own **BURRITO BOWL**
Tossed Salad
Cornbread
Brownies
Watermelon

VEGGIE SPRING ROLLS
Veggie Fried Rice
Tossed Salad
Funfetti Cake
Watermelon

WALKING TACOS
Tossed Salad
Corn Chips
Cookies
Watermelon

Weeks **1+ 5**

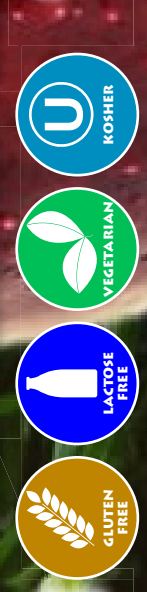
Weeks **2+ 6**

Weeks **3+ 7**

Weeks **4+ 8**



Our entire facility is proudly:



Available dietary options include:

732-821-9155
www.EaglesLandingDayCamp.com

EAGLE'S LANDING DAY CAMP IS WHERE KIDS

UNPLUG

CONNECT

DISCOVER



Kids between the ages of 8-18 spend more than 7.5 hours a day using smart phones, TV, computers or other electronic devices.



The child-centered focus of Eagle's Landing encourages healthy risk-taking that often leads to achievement and more confidence.

High School students spend on average less than an hour each weekday on sports, exercise and recreation.



Camp nurtures, yet challenges kids to push out of their comfort zones to discover talents and reach potential.



Kids spend only 3½ minutes a week in meaningful conversations with their parents.



Eagle's Landing teaches children and teens to communicate, to work together as part of a team and to become leaders.

Teens send an average of 3417 text messages each month.



Parents report that after camp their children are more equipped to stand up for what they know is right and are eager to take on responsibilities.



Kids spend only 4 minutes playing outside each day.



College Admission officers believe former campers are more likely to succeed in college because they have had successful experiences away from home.



EAGLE'S LANDING DAY CAMP



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