

AQUATICS CAMP MENU 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 June 15-19	Chicken Tenders Waffle Fries Fresh Fruit & Veggies Salad Chocolate Chip Cookie	Walking Tacos or Taco Salad Reduced Fat Nacho Cheese Doritos Fresh Fruit & Veggies Brownie	Hamburger Classic Lays Chips Fresh Fruit & Veggies Salad Sugar Cookie	Meatball Sub Reduced Fat Nacho Cheese Doritos Fresh Fruit & Veggies Salad Brownie	Tony's Personal Pizza (Cheese or Pepperoni) Classic Lays Chips Salad Chocolate Chip Cookie
Week 2 June 22-26	All Beef Hotdog Mac N Cheese Fresh Fruit & Veggies Salad Bar Sugar Cookie	Walking Tacos or Taco Salad Reduced Fat Nacho Cheese Doritos Fresh Fruit & Veggies Brownie	Meatball Sub Reduced Fat Nacho Cheese Doritos Fresh Fruit & Veggies Salad Chocolate Chip Cookie	Chicken Tenders Waffle Fries Fresh Fruit & Veggies Salad Brownie	Tony's Personal Pizza (Cheese or Pepperoni) Classic Lays Chips Salad Sugar Cookie
Week 3 June 29 - July 3	Hamburger Classic Lays Chips Fresh Fruit & Veggies Salad Chocolate Chip Cookie	Walking Tacos or Taco Salad Reduced Fat Nacho Cheese Doritos Fresh Fruit & Veggies Brownie	Chicken Tenders Waffle Fries Fresh Fruit & Veggies Salad Sugar Cookie	Meatball Sub Reduced Fat Nacho Cheese Doritos Fresh Fruit & Veggies Salad Brownie	Tony's Personal Pizza (Cheese or Pepperoni) Classic Lays Chips Salad Chocolate Chip Cookie
Week 4 July 13-17	Chicken Tenders Waffle Fries Fresh Fruit & Veggies Salad Sugar Cookie	Walking Tacos or Taco Salad Reduced Fat Nacho Cheese Doritos Fresh Fruit & Veggies Brownie	Meatball Sub Reduced Fat Nacho Cheese Doritos Fresh Fruit & Veggies Salad Chocolate Chip Cookie	All Beef Hotdog Mac N Cheese Fresh Fruit & Veggies Salad Brownie	Tony's Personal Pizza (Cheese or Pepperoni) Classic Lays Chips Salad Sugar Cookie
Week 5 July 20-24	Meatball Sub Reduced Fat Nacho Cheese Doritos Fresh Fruit & Veggies Salad Chocolate Chip Cookie	Walking Tacos or Taco Salad Reduced Fat Nacho Cheese Doritos Fresh Fruit & Veggies Brownie	Hamburger Classic Lays Chips Fresh Fruit & Veggies Salad Sugar Cookie	Chicken Tenders Waffle Fries Fresh Fruit & Veggies Salad Brownie	Tony's Personal Pizza (Cheese or Pepperoni) Classic Lays Chips Salad Chocolate Chip Cookie

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- Choice of a sandwich is available daily instead of listed item (sunflower substitute - No peanuts used)
- Fresh fruit and veggie choice will vary but choices may include: apples, oranges, carrots, broccoli
- Please note that all cooked food is prepared using a convection oven and none of our food is prepared in a fryer.
- Additional snacks such as slushies, ice cream, Gatorade, sodas, etc are available for purchase in the Lagoon Lounge.
You can send cash with your camper or set up an account using a card. We also have slushie mugs, water bottles and camp t-shirts available.

CHICKEN TENDERS	SERVING SIZE 2 TENDERS - 280 CALORIES
WAFFLE FRIES	SERVING SIZE - 1 CUP - 150 CALORIES
DOS RIOS TACO BEEF WITH TACO SAUCE	SERVING SIZE - 2oz - 170 CALORIES
NACHO CHEESE REDUCED FAT DORITOS	SERVING SIZE - 1 BAG - 130 CALORIES
CLASSIC LAYS	SERVING SIZE - 1 BAG - 80 CALORIES
BEEF ANGUS PATTY 80/20	SERVING SIZE - 1 PATTY - 192 CALORIES
HAMBURGER BUN	SERVING SIZE - 1 BUN - 170 CALORIES
MEATBALLS (BEEF & PORK) 1.5 oz	SERVING SIZE 2 MEATBALLS - 230 calories
SMITHFIELD ALL BEEF HOT DOG	SERVING SIZE - 1 FRANK - 330 CALORIES
HOT DOG BUN	SERVING - 1 BUN - 130 CALORIES
TONY'S DEEP DISH PIZZA	SERVING SIZE - 1 PIZZA - 310 CALORIES
STOUFFER'S MAC & CHEESE	SERVING SIZE - 1/2 CUP - 205 CALORIES
DAVID'S SUGAR COOKIE DOUGH	SERVING SIZE - 1 COOKIE - 190 CALORIES
DAVID'S CHOCOLATE CHIP COOKIE DOUGH	SERVING SIZE - 1 COOKIE - 190 CALORIES
FUDGE BROWNIE MIX	SERVING SIZE - 1 BROWNIE - 130 CALORIES

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