



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Mountain Mist Day Camp Hot Lunch Program

Dear Parents/Guardians,

Below is the hot lunch menu for the 2017 camp season. The hot lunch program is optional and is an additional fee. **The fee is \$40 for an entire session.** However, there will be **NO hot lunch the first and last day of a session. A lunch will need to be brought from home on the first day of the session.**

When purchasing hot lunch, you **MUST** purchase it for the entire two week session. One week and individual days are not permitted. Please have your son or daughter choose what he/she would like for lunch each day and circle his/her choices.

All hot lunches are made fresh everyday by the head chef at the Meriden YMCA Martin Gaffey Childcare Center. All hot lunches include a snack, fresh fruit and a juice.

**Please return the hot lunch form attached along with your payment of \$40 in the form of either cash or a check made payable to Meriden YMCA no later than the first day of a session to either the downtown Meriden YMCA or to your son/daughter's counselor in an envelope with your child's name on it. If you would like to sign up for the hot lunch program for more than one session, please fill out one form per session.**

If you have any questions, please feel free to contact the camp office at 203-237-7864 or at the downtown YMCA at (203) 235-6386 ext. 26.

Thank you,

Carolyn Daniels and Kevin Scarpati, Mountain Mist Day Camp Co-Directors

**MOUNTAIN MIST DAY CAMP**  
576 High Hill Road, Meriden, CT 06450  
**P 203 237 7864**  
[facebook.com/YMCA.Meriden](https://www.facebook.com/YMCA.Meriden)

**MERIDEN YMCA**  
110 West Main Street, Meriden, CT 06451  
**P 203 235 6386 F 203 634 6517**  
[www.meridenymca.org](http://www.meridenymca.org)



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## Mountain Mist Day Camp Hot Lunch Menu

Session: \_\_\_\_\_ (please write session 1, 2, 3, 4, 5)

Camper's Name: \_\_\_\_\_

Camper's Village: \_\_\_\_\_

(Teepee, Pioneer, Discoverer, Explorer, Adventurer, Navigator, C.I.T., Specialty)

**If you would like to sign up for the hot lunch program for more than one session, please fill out one form per session.**

**Please circle one choice per day.**

<b>Week One</b>		
Tuesday	Baked 4 Cheese Ziti, fruit and snack	<u>or</u> Peanut Butter & Jelly
Wednesday	Marinated Grilled Chicken w/ WG Bun, fruit and snack	<u>or</u> Peanut Butter & Jelly
Thursday	Grilled burgers & hot dogs	<u>or</u> Peanut Butter & Jelly
Friday	French Bread Cheese or Personal Cheese Pizza, fruit and snack	<u>or</u> Peanut Butter & Jelly
<b>Week Two</b>		
Monday	Meat Sauce & Pasta, fruit and snack	<u>or</u> Peanut Butter & Jelly
Tuesday	Chicken and Rice (Arroz con Gandules), fruit and snack	<u>or</u> Peanut Butter & Jelly
Wednesday	Grilled burgers & hot dogs	<u>or</u> Peanut Butter & Jelly
Thursday	Italian Style Cheese Calzone, fruit and snack	<u>or</u> Peanut Butter & Jelly

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