

# Camp Ruach Weekly Menu

AM&PM snacks are provided for campers

M

Pizza, Fruit, Chips



T

Pasta  
(red sauce or oil & broccoli),  
Cheese Stick/Yogurt, Fruit

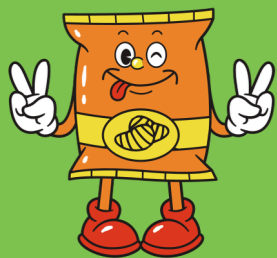


W

Hot Dog, Watermelon, Chips  
(soy hot dog available upon request)

Th

Pizza, Fruit, Chips



F

Bagel  
With Cream Cheese / Butter  
Ceasar Salad, Fruit



Chips, fruit, cheese stick/yogurt may be adjusted as needed. There will be no substitutions. You are always welcome to bring your own lunch, which can be placed in our refrigerator. If you have any questions about food allergies or dietary restrictions, and/or would like to request a soy hot dog instead of a regular kosher beef hot dog, please email [campsec@ssbjcc.org](mailto:campsec@ssbjcc.org).

