



***JR. 76ERS ACADEMY  
DINING HALL MENU***

# LET'S EAT!

We can't wait to see you this summer at Neumann University. Our dining hall is designed to accommodate all dietary needs.

Please email Brooke Barron with your dietary needs at [brookebarron@jr76erscamps.com](mailto:brookebarron@jr76erscamps.com).



# TIP-OFF DINNER

*SUNDAY*

## **SALAD STATION**

Garden Salad with Toppings

Fresh Fruit Salad

## **PIZZA STATION**

Pepperoni

Cheese

## **HOTLINE STATION**

Jerk Chicken Thighs

Baked Sweet Potato

Fried Plantain

Steamed Cabbage & Carrots

Green Peas

## **MY ZONE STATION**

Old Bay Seasoning Baked Tilapia

Steamed Basmati Rice

Sauteed Zucchini



## ***BREAKFAST***

# **MONDAY**

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### **STARTER STATION**

Fruit Salad  
Assorted Juices & Milk  
Muffins & Donuts  
Bagels & Toast

### **HOTLINE STATION**

Scrambled Eggs  
Scrambled Eggs with Cheddar  
Hard boiled eggs  
French Toast  
Sausage Links  
Home Fries Potatoes  
Assorted Cold Cereals

## ***LUNCH***

### **STARTER STATION**

Mixed Green Salad  
Fresh Fruit Salad  
Assorted Salad Dressing

### **PIZZA STATION**

Pepperoni  
Cheese

### **MY ZONE STATION**

Cajun Roasted Turkey Breast  
Roasted Red Bliss Potatoes  
Sauteed Okra & Diced Tomatoes

### **HOTLINE STATION**

Spaghetti & Meatballs  
with Marinara sauce  
Garlic Bread  
Mixed Vegetables  
Steamed Green Beans

## ***DINNER***

### **STARTER STATION**

Mixed Green Salad  
Fresh Fruit Salad  
Assorted Salad Dressing

### **PIZZA STATION**

Pepperoni  
Cheese

### **MY ZONE STATION**

Blackened Chicken Breast  
Jasmine Rice  
Mixed Vegetables

### **HOTLINE STATION**

Meat Lasagna  
Veggie Lasagna  
Marinara Sauce  
Breadsticks

## ***BREAKFAST***

# **TUESDAY**

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### **STARTER STATION**

Fruit Salad  
Assorted Juices & milk  
Muffins & Donuts  
Bagels & Toast

### **HOTLINE STATION**

Scrambled Eggs  
Scrambled Eggs with Cheddar  
Hard boiled eggs  
French Toast  
Sausage Patties  
Hash Brown Potato  
Assorted Cold Cereals

## ***LUNCH***

### **STARTER STATION**

Mini Salad Bar

### **PIZZA STATION**

Pepperoni  
Cheese

### **MY ZONE STATION**

Grilled Flank Steak  
Garlic Roasted Potatoes  
Steamed Broccoli

### **HOTLINE STATION**

Popcorn Chicken Orange Stir-Fry  
Udon Noodles  
Steamed Peas & Carrots  
Roasted Cauliflower

## ***DINNER***

### **STARTER STATION**

Mixed Green Salad  
Fresh Fruit Salad  
Assorted Salad Dressing

### **PIZZA STATION**

Pepperoni  
Cheese

### **MY ZONE STATION**

Rosemary Roasted Pork Loin  
Parsley Potatoes  
Roasted Zucchini

### **HOTLINE STATION**

Chicken Parmesan  
Steamed White Rice  
Glazed Carrots  
Sautéed Spinach & Garlic

## ***BREAKFAST***

# **WEDNESDAY**

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### **STARTER STATION**

Fruit Salad  
Assorted Juices & milk  
Muffins & Donuts  
Bagels & Toast

### **HOTLINE STATION**

Scrambled Eggs  
Scrambled Eggs with Cheddar  
Hard boiled eggs  
Buttermilk Pancakes  
Turkey Sausage Patties  
Hash Brown Potato  
Assorted Cold Cereals

## ***LUNCH***

### **STARTER STATION**

Mixed Green Salad  
Assorted Salad Dressing

### **PIZZA STATION**

Pepperoni  
Cheese

### **MY ZONE STATION**

Herb Grilled Chicken Breast  
Turmeric Rice  
Butternut Squash

### **HOTLINE STATION**

Chicken Nuggets  
Baked Ziti  
Garlic Bread  
Green Beans

## ***DINNER***

### **STARTER STATION**

Mixed Green Salad  
Assorted Salad Dressing

### **PIZZA STATION**

Pepperoni  
Cheese

### **MY ZONE STATION**

Roasted Chicken Breast  
Jasmine Rice  
Sautéed Yellow Squash

### **HOTLINE STATION**

Baked Potato Bar



## ***BREAKFAST***

# **THURSDAY**

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### **STARTER STATION**

Fruit Salad  
Assorted Juices & milk  
Muffins & Donuts  
Bagels & Toast

### **HOTLINE STATION**

Scrambled Eggs  
Scrambled Eggs with Cheddar  
Hard boiled eggs  
Buttermilk Pancakes  
Turkey Sausage Patties  
Hash Brown Potato  
Assorted Cold Cereals

## ***LUNCH***

### **STARTER STATION**

Tossed Garden Salad  
Fruit Salad  
Assorted Salad Dressing

### **PIZZA STATION**

Pepperoni  
Cheese

### **MY ZONE STATION**

Chicken Cacciatore  
Turmeric Rice  
Steamed Corn

### **HOTLINE STATION**

Italian Roast Beef  
Sautéed Green Beans  
Steamed Baby Carrots  
Garlic Mashed Potatoes  
Assorted Desserts

## ***DINNER***

### **STARTER STATION**

Mini Salad Bar

### **PIZZA STATION**

Pepperoni  
Cheese

### **MY ZONE STATION**

Mediterranean Salmon  
Wild Rice Pilaf  
Marinated Roasted Vegetables

### **HOTLINE STATION**

Southern Fried Chicken  
Macaroni & Cheese  
Cornbread  
Collard Greens  
Vegetarian Baked Beans

# FRIDAY

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## ***BREAKFAST***

### **STARTER STATION**

Fruit Salad  
Assorted Juices & milk  
Muffins & Donuts  
Bagels & Toast

### **HOTLINE STATION**

Scrambled Eggs  
Scrambled Eggs with Cheddar  
Hard boiled eggs  
Blueberry Pancakes  
Bacon  
Fried Tater Tots  
Assorted Cold Cereals

## ***LUNCH***

### **STARTER STATION**

Salad Bar

### **PIZZA STATION**

Pepperoni  
Cheese

### **MY ZONE STATION**

Cheese Enchilada  
Mexican Rice  
Green Beans

### **HOTLINE STATION**

Broccoli, Chicken & Penne Alfredo  
Garlic Bread  
Steamed Asparagus  
Sauteed Summer Squash



# SIXERS SNACK SHOP

You got snacks? We sure do! You can find our Sixers Snack Shop located on the first floor of O'Neill Hall in Room 146. Our hours of operation are from 8pm-10pm every night. Come grab a treat to reward yourself after a hard day on the court.

Please contact [brookebarron@jr76erscamps.com](mailto:brookebarron@jr76erscamps.com) to add your Sixers Snack Shop funds.

## STARTING FIVE

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<b>Sunday</b>	 <small>Chicken Nuggets</small>	<b>\$3</b>
<b>Monday</b>	 <small>Marbled Sub</small>	<b>\$3</b>
<b>Tuesday</b>	 <small>Tacos</small>	<b>\$4</b>
<b>Wednesday</b>	 <small>Hamburger</small>	<b>\$3</b>
<b>Thursday</b>	 <small>Pizza</small>	<b>\$2</b>

*Sixth Man Special* **add \$3**  
Make a it combo by adding Candy, Chips and a Drink to any Starting Five Item

## DAILY DISH

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<b>Bottled Water</b>	→	<b>\$0</b>
<b>Gatorade 12oz</b>	→	<b>\$1</b>
<b>Soft Pretzel</b>	→	<b>\$1</b>
<b>Doritos/Chips</b>	→	<b>\$1</b>
<b>Candy</b>	→	<b>\$2</b>
<b>Ice Cream</b>	→	<b>\$2</b>
<b>French Fries</b>	→	<b>\$2</b>
<b>Hot Dog</b>	→	<b>\$2</b>
<b>Nachos</b>	→	<b>\$2</b>
<b>Cheese Cup</b>	→	<b>\$1</b>



DE FRO? MEGRO FEVER

WOLVES

Neuman University

NEUMAN UNIVERSITY

PHILA

NEUMAN UNIVERSITY

NEUMAN UNIVERSITY