

*Our process this summer is similar to recent years in that we have a menu designed to provide meal options for people with gluten sensitivity, gluten intolerance, and lactose intolerance, as well as those that are pork-free, egg-free, or vegetarian.*

*It's important to note that the meals for all menus are produced in one kitchen. These other menus contain gluten, dairy, eggs, meat, and soy. If your camper has severe reactions to trace amounts of these allergens, you may want to make accommodations with the camp to bring your own food and receive a reduced rate for attending. Each dining area has dry/cold storage for individuals bringing their own prepared food, and a microwave for warming up that food.*

*We do not use nuts in any of our cooking. However, some individually wrapped items may contain nuts. Please read the labels of individually wrapped items.*

<b>Monday (3004)</b>		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
Breakfast	French Toast Sticks	4 sticks	330	38	W,S	W,S: Eggs.
	Turkey Patty	2 patties	180	0	M	Scrambled eggs
	Diced Potatoes	4 oz Scoop	213	18	-	
	Cut Fruit	4 oz scoop	100	16	-	
	Syrup	1 Packet	110	29	-	
	Milk 1%	8 oz	100	12	D	Almond Milk
	Cereal	1 cup	150	28	-	
	Juice	8 oz	100	25	-	
Lunch	All Beef Hot Dog	1 Hotdog	230	2	M	Egg Salad Sandwich
	Hotdog Bun	1 Bun	150	22	W	GF Bun
	Potato Salad	4 oz Scoop	170	24	E	Potato Chips
	Whole Fruit	1 Fruit	100	16	-	
	Baked Beans	4 oz Scoop	176	25	-	
	Juice	8 oz	100	25	-	
Dinner	Chicken Strips	4 Pieces	307	10	M,W,S	W,S: Chicken Breast M: Stir Fry
	Sweet Potato Mash	4 oz Scoop	98	23	-	
	Pasta Salad	4 oz Scoop	150	41	W	Potato Chips
	Milk 1%	8 oz	100	12	D	Almond Milk
	Brownie	1 Brownie	140	14	E,D,S,W	GF Brownie. Fruit Jell-o

<b>Tuesday (3039)</b>		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
Breakfast	English Muffin	1 Muffin	130	25	D,W,S	W: extra sausage or egg patty D: Pancakes instead of muffin, egg, and cheese. Almond milk. S: Pancake instead of muffin M: Extra egg, extra cheese
	Sausage Patty	1 patty	180	1	M	
	Egg Patty	1 patty	110	1	E,D	
	Sliced Cheese	1 Slice	70	1	D,S	
	HashBrown	1 patty	120	15	-	
	Milk 1%	8 oz	100	12	D	
	Cereal	1 cup	150	28	-	
	Juice	8 oz	100	25	-	
	Cut Fruit	4 oz Scoop	100	16	-	
Lunch	Chicken Patty	1 patty	200	12	M,E,D,W,S	E,D,W:Chicken and Rice M: Quinoa Salad
	Hamburger Bun	1 Bun	140	26	W	
	Tater Tots	4 oz Scoop	207	19	-	
	Baby Carrots	4 oz Scoop	45	10	-	
	Ranch Dressing	2 tbs	129	2	D,E,W	
	Juice	8 oz	100	25	-	
	Whole Fruit	1 Fruit	100	16	-	
	Dinner	Tortilla	1 Tortilla	110	31	
Taco Meat		4 oz Scoop	300	4	M	
Shredded Cheese		2 oz Scoop	110	1	D	
Black Beans		1 oz	28	20	-	
Spanish Rice		4 oz Scoop	100	44	-	
Milk 1%		8 oz	100	12	D	
Sour Cream		1 Packet	60	1	D	
Cake		1 Piece	250	29	E,D,S,W	

<b>Wednesday (3049)</b>		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
Breakfast	Hashbrown Bonanza	4 oz Scoop	250	13	M,D,E	M: Extra Egg Bonanza
	Diced Potatoes	4 oz Scoop	213	18	-	D: Extra Egg, no cheese
	Milk 1%	8 oz	100	12	D	Bonanza, Almond Milk
	Cereal	1 cup	150	28	-	E: Sausage and
	Juice	8 oz	100	25	-	Hashbrowns
	Cut Fruit	4 oz Scoop	100	16	-	
Lunch	Corn Dog	1 Corndog	220	25	M,E,D,W,S	M: Veggie Corn Dog
	Macaroni and Cheese	4 oz Scoop	310	26	D	E: Hog Dog
	Broccoli	4 oz Scoop	40	8	-	D: Hot Dog, Pasta Salad
	Juice	8 oz	100	25	-	W: Hot Dog, Potato Salad
	Whole Fruit	1 Fruit	100	16	-	
Dinner	Hamburger Bun	1 Bun	140	26	W	GF Bun
	Hamburger Patties	2 Patties	540	0	M	Black Bean Burger
	Cheese Slice	1 slice	70	1	D,S	
	Potato Chips	1 Bag	160	15	-	
	Baked Beans	4 oz Scoop	176	25	-	
	Milk 1%	8 oz	100	12	D	Almond Milk
	Cookie	1 Cookie	250	36	E,D,W,S	TBD

<b>Thursday (2962)</b>		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
Breakfast	Tortilla	1 Tortilla	110	31	W	Extra Eggs
	Scrambled Eggs	4 oz Scoop	186	0	E	French Toast Sticks
	Shredded Cheese	2 oz Scoop	110	1	D	Extra Potato
	Sausage Bits	2 oz Scoop	192	1.4	M	Extra Eggs
	Diced Potato	4 oz Scoop	213	18	-	
	Milk 1%	8 oz	100	12	D	D: Almond Milk
	Cereal	1 cup	150	28	-	
	Juice	8 oz	100	25	-	
	Cut Fruit	4 oz Scoop	100	16	-	
Lunch	Hamburger Bun	1 Bun	140	26	W	G: Gluten Free Bun
	Sloppy Joe Meat	3 oz Scoop	160	4	-	
	Cheese Slice	1 Slice	70	1	D,S	
	tater Tots	4 oz Scoop	207	19	-	
	Juice	8 oz	100	25	-	
	Baby Carrots	4 oz Scoop	45	10	-	
	Ranch Dressing	2 tbs	129	2	D,E,W	
	Whole Fruit	1 Fruit	100	16	-	
Dinner	Tortellini	6 oz Scoop	203	33	E,D,W	GF Pasta
	Alfredo Sauce	2 oz Scoop	200	4	D,W,S	Spaghetti Sauce
	Garlic Bread	1 Slice	200	18	E,W,S	E: Breadsticks, W: Extra Pasta
	Green Beans	4 oz Scoop	47	7	-	
	Milk 1%	8 oz	100	12	D	Almond Milk
	Pudding	4oz Scoop			D,S	TBD

<b>Friday (3032)</b>		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
Breakfast	Pancakes	2 pancakes	151	29	E,D,W,S	Alternate Pancake Eggs
	Sausage Links	2 Links	170	0	M	
	Hashbrown	1 Patty	120	15	-	D: Almond Milk
	Cut Fruit	4 oz Scoop	100	16	-	
	Milk 1%	8 oz	100	12	D	
	Cereal	1 cup	150	28	-	
	Juice	8 oz	100	25	-	
	Syrup	1 Packet	110	29	-	
Lunch	Hoagie Bun	1 Bun	190	42	W	Gluten Free Bun
	Pulled Pork	4 oz Scoop	226	0	M	
	Steak Cut Fries	4 oz Scoop	213	18	W	Seasoned Potatoes
	Broccoli	4 oz Scoop	40	8	-	
	Juice	8 oz	100	25	-	
	BBQ Sauce	1 Packet	80	21	-	
	Whole Fruit	1 Fruit	100	16	-	
Dinner	Pot Roast		336		M	Stir Fry
	Mashed Potatoes	4 oz Scoop	180	20	D	Seasoned Potatoes
	Glazed Carrots	4 oz Scoop	142	11	-	
	Milk 1%	8 oz	100	12	D	Almond Milk
	Apple Cobbler	4 oz Scoop	225	34	E,D,W,S	TBD

<b>Saturday (495)</b>		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
Breakfast	Yogurt	2 Packets	180	38	D	DF Yogurt
	Cinnamon Roll	1 Roll	320	32	W, D	GF/DF Muffin
	Apple	1 Apple	95	25	-	

<b>Sunday (991)</b>		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
Dinner	Hoagie Bun	1 Bun	250	42	W	GF Bun
	Turkey Slice	4 slices	67	1	M	Hummmus, Thick Cheese
	Cheese Slice	1 Slice	70	1	D,S	
	Green Leaf Lettuce	1 Leaf	0	0	-	
	Potato Chips	1 Bag	160	15	-	
	Milk 1%	8 oz	100	12	D	Almond Milk
	Mayonnaise	1 Packet	94	0	E	
	Cookie	1 Cookie	250	36	E,D,W,S	TBD