

Camp Menu

Subject to change. Vegan, vegetarian, gluten-free, and diabetes-friendly options are available upon request. **This information needs to be entered into the Camper Health Form at least 2 weeks prior to camper arrival when possible.** Campers should also communicate these needs to staff. It is helpful if special dietary items—including the camper’s name—are brought to Camp [nut-free items only please].

Day	Breakfast	Lunch	Dinner
Sunday			Pizza Milk/juice Choice Bar
Monday	Cereal Muffin Eggs Milk Choice Bar	Hot Dogs Mac and Cheese Beans Milk Choice Bar	Chicken Mashed Potato Vegetable Milk/juice Choice Bar
Tuesday	Pancakes Eggs Sausage Milk Choice Bar	Cold sandwich/sub French Fries Milk Choice Bar	Tacos Rice Beans Milk/juice Choice Bar
Wednesday	Egg sandwich on bagel/muffins Hash browns Milk Choice Bar	Burger Side Milk/juice Choice Bar	Pasta Salad Bread Dessert Milk/juice Choice Bar
Thursday	French Toast sticks Eggs Sausage Milk Choice Bar	Wrap Mac salad Milk/juice Choice Bar	Casserole Vegetable Milk/juice Choice Bar
Friday	Breakfast scrabble Potatoes Milk Choice Bar	Chicken patty Tater tots	Fish Scalloped potatoes Vegetable Milk/juice Choice Bar
Saturday	Breakfast pizza or quiche Milk Choice Bar		