

MENU & ALLERGEN INFORMATION (subject to change)

Breakfasts

Biscuit Day!

Allergies: (see below):

Biscuits & Muffins	2,3
Eggs	3,4
Sausage Patties	
Bacon Slices	
Tater Tots	2

Biscuits & Gravy

Biscuits	2,3
Gravy	2,3
Scrambled Eggs	3,4
French Toast	3,4
Bacon	

Pancakes & Waffles

Pancakes	3,4
Waffles	1,2,3,4
Scrambled Eggs	3,4
Sausage Links	

Cinnamon Rolls

Cinnamon Rolls	1,2,3,4
Bacon	3,4
Scrambled Eggs	3,4
Fruits	

Breakfast Burritos

Wraps	1,2
Eggs	3,4
Bacon	
Sausage	
Peppers / Onions	
Breakfast Potatoes	4

*Breakfast always offer cereals, toast, and condiments

Dinners

Burgers & Dogs

Allergies: (see below):

Buns	2
Burgers	1
Hot Dogs	
Fries	
Baked Beans	

Chicken Strips

Chicken Strips	2
Mashed Potatoes	3
Green Beans	
Corn	
Rolls	2,3,4

Italian Night

Beef Lasagna	2
White Chicken Lasagna	2
Garlic Bread	2,3,4

Mexican Night

Beef Taco	1,2,6
Chicken Taco	1,2,6
Rice	
Chips w/ salsa or cheese	Chips:1

Hibachi Night

Beef	1,6
Chicken	1,6
Rice	
Stir Fry Veggies	1,6
Sweet Carrots	

(or) Baked Potato Bar

*Dinners always offer full salad bar and includes: spinach, romaine, tomatoes, cucumbers, cheeses, croutons, bacon bits, sunflower seeds, chick peas, cranberries, carrots, dressings

Lunches:

Volunteers will pack their own sack lunches at the sandwich station & take out on site

Choice of Breads (white, wheat, tortillas)

Choice of Meats (ham, turkey, roast beef) & Cheese

Choices of Chips, snacks, and dessert items

Allergy Information:

- (1) Contains soy (2) Contains wheat (3) Contains Milk (4) Contains egg (5) May contain peanut traces
(6) We can prepare plain without seasonings upon request for those with legitimate allergies.

Occasionally, we have to replace items because of availability. We encourage those with allergies to simply ask before a meal to make sure the items are consistent.

Because we are not a typical camp and have limited resources locally, we recommend those with allergies pack substitute items