

# MENU & ALLERGEN INFORMATION (subject to change)

## Breakfasts

### Biscuit Day!

Allergies: (see below):

Biscuits & Muffins	2,3, 7
Eggs	4
Sausage Patties	
Bacon Slices	
Tater Tots	2

### Biscuits & Gravy

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

### Pancakes & Waffles

Pancakes	3,4
Waffles	1,2,3,4,7
Scrambled Eggs	4
Sausage Links	

### Cinnamon Rolls

Cinnamon Rolls	1,2,3,4, 7
Bacon	
Scrambled Eggs	4
Fruits	

### Breakfast Burritos

Wraps (or bowl)	1,2
Eggs	4
Bacon	
Sausage	
Peppers / Onions	
Breakfast Potatoes	4

\*Breakfast always offer cereals, toast, and condiments

## Dinners

### Burgers & Dogs

Allergies: (see below):

Buns	2,7
Burgers	1
Hot Dogs	
Fries	
Baked Beans	

### Chicken Strips

Chicken Strips	2
Mashed Potatoes	3
Green Beans	1,6
Corn	
Rolls	2,3,4,7

### Italian Night

Beef Lasagna	2
White Chicken Lasagna	2
Garlic Bread	2,3,4,7

### Mexican Night

Beef Taco	
Chicken Taco	
Rice	
Chips w/ salsa or cheese	<b>Chips:1</b>

### 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, GF)

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 without seasoning upon request for those with legitimate allergies. (7) We have GF option available

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**