



Sunday	Dinner	Walking Tacos: Tortilla Chips, Taco Meat, Shredded Cheddar, Diced Tomatoes, Shredded Lettuce, Diced Onions, Salsa, Guacamole, Sour Cream, Juice Boxes, Chocolate Chip Cookies
Monday	Breakfast	Waffles, Sausage Links, Butter & Syrups, Hard Cooked Eggs, Cinnamon Streusel Coffee Cake, Assorted Hot & Cold Cereals, Assorted Yogurts, Assorted Fresh & Frozen Fruits, Milk/Juice
	Lunch	Chicken Tenders, BBQ Sauce/Honey Mustard/Ranch Dressing, Tater Tots, Salad Bar, Vanilla Pudding Whipped Topping, Assorted Fresh Fruit
	Dinner	Baked Ham, Scalloped Potatoes, Green Beans, Dinner Rolls, Salad Bar, Strawberry Shortcake/Whipped Topping, Assorted Fresh Fruit
Tuesday	Breakfast	Breakfast Burritos, Scrambled Eggs, Ground Sausage, Shredded Cheddar Cheese, Shredded Hash Browns, Sour Cream, Salsa, Tortillas, Cinnamon Sweet Rolls, Assorted Hot & Cold Cereals, Assorted Yogurts, Assorted Fresh & Frozen Fruits, Milk/Juice
	Lunch	Sloppy Joes, Hamburger Buns, Macaroni & Cheese, Dill Pickle, Chips, Salad Bar, Snickerdoodles, Assorted Fresh Fruit
	Dinner	Spaghetti, Marinara Chicken Parmesan, Parmesan Cheese, Garlic Breadsticks, Caesar Salad, Salad Bar, Strawberry Sundae Cups, Assorted Fresh Fruit
Wednesday	Breakfast	French Toast, Ham Patties, Butter & Syrup, Assorted Donuts, Assorted Hot & Cold Cereals, Assorted Yogurts, Assorted Fresh & Frozen Fruits, Milk/Juice
	Lunch	Homemade Soup, Hot Ham & Cheese On Croissants, Lettuce/Tomatoes/Onions, Potato Chips, Pasta Salad, Salad Bar, Chocolate Pudding Whipped Topping, Assorted Fresh Fruit
	Dinner	Baked Potatoes, Baked Sweet Potatoes, Butter/Sour Cream, Steamed Broccoli, Cheese Sauce, Ground Sausage, Diced Ham, Chili, Beef Gravy, Tossed Salad, Chocolate Eclairs, Assorted Fresh Fruit
Thursday	Breakfast	Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Assorted Donuts, Assorted Hot & Cold Cereals, Assorted Yogurts, Assorted Fresh & Frozen Fruits, Milk/Juice
	Lunch	Hot Dogs/Brats, Hot Dog Buns, Assorted Condiments, Coney Sauce, Diced Onions, Shredded Cheese, Fritos Corn Chips, Macaroni Salad, Salad Bar, Brownies, Assorted Fresh Fruit
	Dinner	BBQ Chicken Legs, Tater Tots, Corn, Dinner Rolls, Salad Bar, Yellow Cake/Chocolate Frosting/Sprinkles, Assorted Fresh Fruit
Friday	Breakfast	Pancakes, Sausage Patties, Butter & Syrup, Caramel Rolls, Assorted Cold Cereals, Assorted Yogurts, Assorted Fresh & Frozen Fruits, Milk/Juice
	Lunch	Philly Steak Sandwiches, Chicken Cheesesteaks, Hoagie Rolls, Marinara, Sauteed Peppers & Onions, Sauteed Mushrooms, Cheese Sauce, Shredded Mozzarella, Salad Bar, Coleslaw, Rice Krispie Treats, Assorted Fresh Fruit
	Dinner	Stuffed Shells/Marinara, Italian Sausage Links, Parmesan Cheese, Garlic Breadsticks, Caesar Salad, Salad Bar, Italian Ice Pops, Assorted Fresh Fruit
Saturday	Breakfast	Continental Breakfast: Assorted Pastries, Hard Cooked Eggs, String Cheese, Assorted Cold Cereals, Assorted Yogurts, Assorted Fresh & Frozen Fruits, Milk/Juice

Trout Lake Camps kitchen staff members are accustomed to serving campers with special diets and we do everything in our power to provide safe and tasty alternatives. Gluten/dairy free alternatives are always available to our campers on our alternative serving line during meals as well as vegetarian options. Our kitchens are free of peanut and tree nut products. We provide soy and oat milk in our dining room beverage stations. Campers can bring a few personal food items with them if it is necessary and store them in our guest cupboard or refrigerator located in easily accessible areas in the dining halls (labeled with name and dates). If you have any questions regarding special diet needs, please email Lockhart@TroutCamps.org.