



Sunday	Dinner	Walking Taco, Juice Boxes, Water
	Snack	Trout Scout Cookies
Monday	Breakfast	Waffles, Sausage, Strawberries, Whipped Cream, Fruit, Yogurt, Cereal & Milk
	Lunch	French Dip Sandwiches, Onions, Peppers, Sourdough Bun, Sliced Cheese, Potato Salad, Sherbet
	Dinner	Macaroni & Cheese, BBQ Chicken, Buttermilk Biscuits, Sweet Peas, Salad Bar, Brownies
Tuesday	Breakfast	Bacon & Cheese Scrambled Eggs, Crispy Potatoes, Banana Bread or Muffins, Fruit, Yogurt, Cereal & Milk
	Lunch	Hot Dogs & Brats on the grill, Baked Beans, Kettle Chips, Creamy Coleslaw, Snickerdoodles
	Dinner	Honey Glazed Ham, Red Potatoes, Dinner Rolls, Fresh Green Beans, Salad Bar, Applesauce
Wednesday	Breakfast	Donuts on the Deck, Bananas, Yogurt Cups, Cereal & Milk
	Lunch	Build your own Deli Sandwich, Pita Chips, Veggies, Hummus & Ranch, Fruit Snacks
	Dinner	Campfire Hobo Dinner, Corn Meal muffins with Honey, Watermelon, Trail Mix
Thursday	Breakfast	Pancakes, Sausage Links, Fruit, Yogurt, Cereal & Milk
	Lunch	Chicken Nuggets, Corn Dogs, French Fries, Veggies & Ranch, Chocolate Chip Bars
	Dinner	Pizza, Salad Bar, Ice Cream
Friday	Breakfast	Breakfast Burrito, Tortillas, Eggs, Sausage, Homemade Salsa, Fruit, Yogurt, Cereal & Milk
	Lunch	Pulled Pork, Kaiser Buns, Fritos, Pickles, Veggies & Ranch Cookies
	Dinner	Roast Turkey, Stuffing, Mashed Potatoes, Corn, Dinner Rolls, Salad Bar, Cups
Saturday	Breakfast	Cinnamon Rolls, Oatmeal with Toppings, Bananas, Yogurt, Cereal & Milk

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 rLockhart@TroutCamps.org.