



<b>Sunday</b>	<b>Dinner</b>	Burgers on the Ball Field! Chips, Watermelon, Juice Boxes, Water
	<b>Snack</b>	Ice Cream Novelty
<b>Monday</b>	<b>Breakfast</b>	Scrambled Eggs, Ham Slices, Bagels, Cream Cheese, Fresh Fruit, Cereal, Yogurt Cups
	<b>Lunch</b>	Tacos or Nachos, Tortillas, Chips, Beef, Cheese, Lettuce, Olives, Jalapeños, Homemade Salsa, Snickerdoodles
	<b>Dinner</b>	Pasta Bar, Marinara, Alfredo, Homemade French Bread, California Veggies, Caesar Salad Bar, Fruit Pizza
<b>Tuesday</b>	<b>Breakfast</b>	Pancakes, Sausage, Hard Boiled Eggs, Syrup, Fresh Fruit, Cereal, Yogurt cups
	<b>Lunch</b>	Homemade Soup, Deli Sandwiches, Saltine Crackers, Fresh Veggies, Homemade Ranch, Rice Krispie Bars
	<b>Dinner</b>	Oven Roasted Chicken, Red Potatoes, Baby Carrots, Cornbread w/Honey Butter, Salad Bar, Sherbet Cups
<b>Wednesday</b>	<b>Breakfast</b>	Donuts on the Deck! String Cheese, Bananas, Oranges, Milk Cartons
	<b>Lunch</b>	Pizza, Salad Bar, Apple Sundaes
	<b>Dinner</b>	Homestyle Mac & Cheese, Honey Garlic Ham, Fresh Green Beans, Dinner Rolls, Salad Bar, Banana Cake
<b>Thursday</b>	<b>Breakfast</b>	Breakfast Tottish, Fruit Turnovers, Fresh Fruit, Cereal, Yogurt Cups
	<b>Lunch</b>	Chicken Strips, Fries, Dipping Sauces, Salad Bar, Carnival Cookies
	<b>Dinner</b>	Build your own Burrito Bowl, Carnita Pork, Beef, Homemade Chips & Salsa, Lettuce, Cheese, Beans, Tomato, Onion, Olives, Ice Cream
<b>Friday</b>	<b>Breakfast</b>	French Dipped Waffles, Sausage, Hard Boiled Eggs, Apple Topping, Fresh Fruit, Cereal, Yogurt Cups
	<b>Lunch</b>	Sloppy Joes on a Bun, Kettle Chips, Calico Beans, Fresh Veggies, Homemade Ranch, Chocolate Chip Bars
	<b>Dinner</b>	Lemon Chicken, Wild Rice, Steamed Broccoli, Dinner Rolls, Salad Bar, Cupcakes
<b>Saturday</b>	<b>Breakfast</b>	Cinnamon Rolls w/Cream Cheese Icing, Oatmeal w/toppings, Fruit, Yogurt Cups, Cereal

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](mailto:rLockhart@TroutCamps.org).