



<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>	Cheesy Bacon Scrambled Eggs, Crispy Potatoes, Blueberry Coffeecake, Fruit, Cereal, Yogurt Cups
	<b>Lunch</b>	Tacos or Nachos, Tortillas, Chips, Beef, Cheese, Lettuce, Olive, Jalapeño, Homemade Salsa, Snickerdoodles
	<b>Dinner</b>	Lasagna Roll-Ups, Homemade French Bread, California Veggies, Caesar Salad Bar, Fruit Pizza
<b>Tuesday</b>	<b>Breakfast</b>	Pancakes, Sausage Patties, Hard Boiled Eggs, Syrup, Butter, Fresh Fruit, Cereal, Yogurt Cups
	<b>Lunch</b>	Homemade Soup, Grilled Cheese, Saltine Crackers, Fresh Veggies, Ranch, Rice Krispie Bars
	<b>Dinner</b>	Country Style Ribs, Baked Potatoes, Fresh Green Beans, Cheddar Biscuits, Salad Bar, Pudding
<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>	Roast Turkey, Homemade Stuffing, Sweet Potatoes, Corn, Dinner Rolls, Gravy, Salad Bar, Banana Cake
<b>Thursday</b>	<b>Breakfast</b>	Biscuits, Gravy, Scrambled Eggs, Breakfast Tater Tots, Fresh Fruit, Cereal, Yogurt Cups
	<b>Lunch</b>	Hot Dogs, Brats, Calico Beans, Chips, Fresh Veggies, Ranch, Carnival Cookies
	<b>Dinner</b>	Asian Noodle Rice Bowls, Beef, Chicken, Steamed Veggies, Asian Slaw, Salad Bar, Fortune Cookies, Mandarin Oranges
<b>Friday</b>	<b>Breakfast</b>	Cinnamon Rolls, 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)*