



## MENUS **CARB COUNT** in RED

Food is prepared on site and is designed to be kid friendly, nutritious and is served “family style” at round tables. Fruit, cold cereal, yogurt, bread and soy milk are available at all meals upon request.

Due to the large number of food restrictions and allergies, we can accommodate GLUTEN FREE or VEGETARIAN DIETS, however we *MAY* have to ask that students with severe allergies bring their own substituted food items with them if required. Our Food Services Manager can discuss specific food ingredients with parents if needed. Please call the camp office to contact our Food Service Manager.

**Soy and Lactaid milk and fresh fruit will be available at every meal.**

***Gluten free substitution and vegetarian options available if pre-arranged if pre-arranged by school***

**DAY 1 LUNCH** Schools are asked to bring a bagged lunch on their first day.

### DAY 1 DINNER

- Arezzo Pasta *41g carb per 2oz cup serving* (Gluten free pasta available *44g carb per 2oz cup serving*)
- Homemade vegetarian red sauce. Arrezzo crushed tomatoes –with Nina tomatoes *9g carb per ¼ cup*
- Pure Italian style beef meatballs. *7g per serving (6 meatballs)*
- Sam’s Club French Bread. (Gluten free bread available) *29g carb per 1/8 loaf serving (With garlic spread add 1 g carb per serving)*
- Kraft parmesan cheese. *0g carbs per serving*
- Salad of spring greens *0g carbs per serving*
- 2% milk *12 g carbs per 8 fl oz serving*
- Ice cream sandwiches. *27g carbs per serving* (Frozen fruit bar available)

### DAY 2 BREAKFAST

- Pancakes and syrup *31g carbs per serving (3 x 4” pancakes) 29g per 1.5oz serving of syrup*
- Turkey sausage links *0g carbs per serving (2 sausage links)*
- Butter blend.
- 2% milk *12 g carbs per 8 fl oz serving*, water and orange juice *29g carbs per 8 fl oz serving*,.
- Granola *47g*, Frosted Flakes *36g*, Cheerios *30g*, Yoplait yogurt *25-30g* depending on flavor, fruit available on side table. (Rice Chex available *8g*)

### DAY 2 PICNIC LUNCH (for 2 day groups only)

- Sliced Turkey Hoagie – Perdue smoked turkey slices *2g per serving*, 1 slice sharp cheddar *cheese 0g per serving*, Sam’s white Hoagie Roll *31g per serving* (Gluten free bread available)
- Beefsteak Tomatoes *3g*, lettuce *<1g per serving*
- Mayo *0g* and mustard *½ g per serving*
- Sliced Apples *25g per serving*
- Potato Chips *15g per serving*
- 2% milk *12 g carbs per 8 fl oz serving*, water and juice drink *30 g carbs per 8 fl oz serving*
- Large homemade chocolate chip cookies *20g per serving*

### DAY 2 LUNCH (for 3 day groups)

- Grilled Cheese sandwich – 2 slices Sysco American cheese *34g per 2 slices* on 2 slices Country Pride wheat bread *3g per 2 slices* (Gluten free bread available)
- Campbell's Tomato soup *20g per ½ cup*
- Side of vegetables (carrots, cucumber and cherry tomatoes) *8g per serving*
- Ranch Dressing *2g per serving*
- Large homemade chocolate chip cookies *20g per serving* (Gluten free cookies available)
- 2% milk *12 g carbs per 8 fl oz serving* , water and juice drink *30 g carbs per 8 fl oz serving*

### DAY 2 DINNER (for 3 day groups only)

- Baked boneless skinless chicken breast lightly seasoned *0g carb per 4oz serving*
- Roasted baby potatoes *20g carb per 2/3 cup serving*
- Sam's Club dinner roll *20g carb per serving* (Gluten free bread available)
- Green beans *5g carb per serving*
- Salad of spring greens on side table
- 2% milk *12 g carbs per 8 fl oz serving* and water
- Cake *40g carb per serving* (Gluten free cookies available)
  
- *Pre-arranged vegetarian option – veggie patty*

### DAY 3 BREAKFAST (for 3 day group only)

- Scrambled eggs *3g carbs per serving*
- Potato Hash Browns *20g carb per 2/3 cup serving*
- Country Pride split top wheat toast *17g carbs per 1 slice serving.* (Gluten free bread available)
- Butter blend.
- 2% milk *12 g carbs per 8 fl oz serving*, water and orange juice *29g carbs per 8 fl oz serving*.
- Granola *47g*, Frosted Flakes *36g*, Cheerios *30g*, Yoplait yogurt *25-30g* depending on flavor, fruit available on side table. (Rice Chex available 8g)

### DAY 3 PICNIC LUNCH (for 3 day groups)

- Sliced Turkey Hoagie – Perdue smoked turkey slices *2g per serving*, 1 slice sharp cheddar cheese *0g* per serving, Sam's white Hoagie Roll *31g per serving* (Gluten free bread available)
- Beefsteak Tomatoes *3g*, lettuce *<1g per serving*
- Mayo *0g* and mustard *½ g per serving*
- Sliced Apples *25g per serving*
- Potato Chips *15g per serving*
- 2% milk *12 g carbs per 8 fl oz serving* , water and juice drink *30 g carbs per 8 fl oz serving*
- Large homemade sugar cookies *20g per serving*

*Pre-arranged vegetarian option – cheese hoagie*

**\*Soy and rice milk and a mixed fruit bowl will be available at every meal.**

**\*\*Gluten free substitution if pre-arranged by school)**

**\*\*\*Vegetarian option available if pre-arranged**