

# CAMP WOW

## SUMMER MENU

2022

**Daily Breakfast:** Biscuits & Gravy (served daily), Sausage\*, Scrambled Eggs\*, Cereal (Fruity Dyno Bites\* & Cinnamon Toasters), and Fresh Fruit\* (apples, oranges & bananas) \*\*Breakfast Tacos & Pancakes will be regularly substituted.\*\*

**Available Drinks:** Coffee, Milk, Orange Juice, & Water (Lactose Free or Milk Alternatives are not available)

**Lunch:** Hamburgers\*, French Fries, and Cookies

**Dinner:** Chicken\* & Rice\*, Bread Sticks, Fried Okra, and White Cake

**Lunch:** Beef Tacos\* with topping options, Refried Beans\*, and Pudding

**Dinner:** Chicken Fried Steak, White Gravy, Mashed Potatoes, Peas\*, Rolls, and Orange Cake

**Lunch:** Sub Sandwich, Chips, and Cookies

**Dinner:** Ziti pasta with alfredo or red sauce\*, Meatballs, Green Beans\*, Breadsticks and Red Velvet Cake

**Lunch:** Chicken Tenders, Mac & Cheese, and Fruit Salad\*

**Dinner:** Smoked Pork Tenderloin\*, Brown Gravy, Rolls, Rice Pilaf, Carrots\* and Cobbler

**Lunch:** Manwich, Chips, and Cookies

**Dinner:** Pot Roast\*, Brown Gravy, Mashed Potatoes, Rolls, Green Beans and Chocolate Cake

**\*Foods that are Gluten Free. Also, see below.**

**Available Drinks:** Tea, Lemonade, Fruit Punch, and Water

**REMINDER:** Salad Bar\* will be available with Lunch and Dinner.

**Other available GF Items:** Corn tortillas, GF ziti pasta, GF buns, grilled chicken, GF muffins, and GF cookies. These items are only available upon request ahead of time. Also provided is storage and refrigerator space, as well as, a meal prep area with a microwave and toaster in the cafeteria for those who bring special foods.