

## Meals at Camp

The Food Service Staff serves delicious, nutritious, and kid-friendly meals. Hot entrees are available for breakfast, lunch, and dinner. In addition, a cereal bar, fresh fruit, and milk are available during breakfast. For lunch and dinner, a fresh salad bar and peanut butter and jelly sandwiches are offered in addition to the daily selections.

We strive to make sure that meals are healthy and fresh...not processed. Some of the produce served at camp is organic and many of our baked goods are from "scratch." A vegetarian option is included at each meal. Menu adjustments can be made for individuals who eat gluten free and those who have food sensitivities and/or allergies.

### **Sample Breakfasts:** (Fruit served with every breakfast)

- ❖ Homemade Pancakes with Bacon
- ❖ Egg, Sausage, and Croissant
- ❖ Biscuits with Sausage and Gravy
- ❖ Eggs, Bacon, English Muffin
- ❖ Bagels and Muffins
- ❖ French Toast with Sausage Links

### **Sample Lunches:** (Vegetables and Desserts served with Lunches)

- ❖ Mac & Cheese
- ❖ Chicken Wraps
- ❖ Hamburgers & Hot Dogs
- ❖ Chicken Strips with French Fries

### **Sample Dinners:** (Each served with a vegetable)

- ❖ Baked Chicken
- ❖ Spaghetti and Meatballs
- ❖ Pizza
- ❖ Chicken and Waffles
- ❖ Stir fry

Please let us know on your camper's registration, if alternative meals are needed.

Contact Lauren at [lauren@campranchoframsa.org](mailto:lauren@campranchoframsa.org), if you would like to discuss your child's needs.



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