

**Week 4 - The Point**  
**Jul 8-13, 2018**



<b>Sunday</b>	<b>Dinner</b>	Burgers on the Grill! Lettuce, Cheese, Tomato, Chips, Pickles, Onions, Watermelon, Milk or Water
	<b>Snack</b>	Goldfish, Juice
<b>Monday</b>	<b>Breakfast</b>	Breakfast Burritos, Eggs, Sausage, Peppers, Potato Oles, Fruit, Yogurt, Cereal
	<b>Lunch</b>	Italian Meatballs, 3 Cheese Ziti, Breadsticks, Green Beans, Salad Bar, Sherbet Cups
	<b>Dinner</b>	Chicken Strips, Mashed Potatoes, Country Gravy, Biscuits, Corn, Coleslaw, Fresh Veggies, Ranch, Cupcakes
<b>Tuesday</b>	<b>Breakfast</b>	Waffles, Sausage, Fruit Topping, Syrup, Fruit, Yogurt, Cereal
	<b>Lunch</b>	Homemade Soup, Saltine Crackers, Deli Sandwiches, Turkey Ham, Salami, Cheese, Lettuce, Tomato, Ketchup, Mustard, Mayo, Chocolate Chip Bars
	<b>Dinner</b>	Tacos or Nachos, Tortillas, Chips, Beef, Cheese, Chips, Beans, Rice, Lettuce, Tomato, Onion, Homemade Salsa, Sour Cream, Snickerdoodles
<b>Wednesday</b>	<b>Breakfast</b>	Bagel Bar, Yogurt Parfaits, Bananas, Cereal
	<b>Lunch</b>	BBQ Grilled Chicken Breasts, Calico Beans, Potato Salad, Fresh Veggies, Ranch, Carnival Cookies
	<b>Dinner</b>	Yankee Pot Roast, Roasted Red Potatoes, Steamed Carrots, Homemade Bread, Salad Bar, Ice Cream
<b>Thursday</b>	<b>Breakfast</b>	Upside Down Day! Pizza, Salad Bar, Apple Sundaes
	<b>Lunch</b>	Mini Hotdogs, Mini Corn Dogs, Potato Wedges, Fresh Veggies, Ranch, Fruit Snacks
	<b>Dinner</b>	Upside Down Day! Pancakes, Sausage, Hard Boiled Eggs, Fruit, Yogurt, Cereal
<b>Friday</b>	<b>Breakfast</b>	Cinnamon Rolls, Oatmeal w/toppings, Hard Boiled Eggs, Bananas, Yogurt, 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 rice and soy 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 [kmiller@TroutCamps.org](mailto:kmiller@TroutCamps.org).*