



| | | |
|------------------|------------------|---|
| Sunday | Dinner | Cheese Pizzas, Pepperoni Pizzas, Italian Salads, 7 Ounce Capri Sun, Sliced Apples with Caramel Sauce |
| Monday | Breakfast | French Toast, Butter & Syrup, Sausage Links, Hard Cooked Eggs, Chocolate Croissants, Assorted Hot & Cold Cereals, Assorted Fruit Yogurt Cups, 2% & Chocolate Half Pint Milk, Orange Juice, Assorted Fresh Fruit |
| | Lunch | Chicken Noodle Soup, Grilled Cheese Sandwiches, Goldfish Crackers, Dished Salads/Dressings, Fruit Pebbles Marshmallow Treats, Cantaloupe/Honeydew Melon Cubes, Assorted Fresh Fruit |
| | Dinner | Sloppy Joes, Hamburger Buns, French Fries, Dished Salads/Dressings, Chocolate Cake/White Frosting/RainbowSprinkles, Assorted Fresh Fruit |
| Tuesday | Breakfast | Scrambled Eggs with Ham & Cheese, Hash Brown Patties, Assorted Muffins, Assorted Hot & Cold Cereals, Assorted Fruit Yogurt Cups, 2% & Chocolate Half Pint Milk, Grape Juice, Assorted Fresh Fruit |
| | Lunch | Chicken Nuggets, Potato Smiles, Sweet Corn, Dinner Rolls, Snickerdoodles, Peaches & Plums, Assorted Fresh Fruits |
| | Dinner | Tacos, "Spanish" Rice, Guacamole & Sour Cream, Churro Donuts, Assorted Fresh Fruit |
| Wednesday | Breakfast | Waffles, Butter & Syrup, Sausage Patties, Hard Cooked Eggs, Caramel Rolls, Assorted Hot & Cold Cereals, Assorted Fruit Yogurt Cups, 2% & Chocolate Half Pint Milk, Apple Juice, Assorted Fresh Fruit |
| | Lunch | Hot Dogs, Hot Dog Buns, Baked Macaroni & Cheese, Fritos Corn Chips, Dished Salads/Dressings, Brownies, Pineapple Slices, Assorted Fresh Fruit |
| | Dinner | Spaghetti, Meatsauce/Alfredo Sauce, Italian Vegetables, Garlic Breadsticks, Dished Salads/Dressings, Ice Cream Novelties |
| Thursday | Breakfast | Scrambled Eggs, Smoked Sausage, Hash Brown Circles, Assorted Danish Pastries, Assorted Hot & Cold Cereals, Assorted Fruit Yogurt Cups, 2% & Chocolate Half Pint Milk, Orange Juice, Assorted Fresh Fruit |
| | Lunch | 20 Ounce Hamburger Sliders, Slider Buns, Sliced American Cheese, Pickles, Onions, Tomatoes, & Lettuce, Potato Chips, Dished Salads/Dressings, Chocolate Chip Cookies, Red & Green Grapes, Assorted Fresh Fruit |
| | Dinner | Cheese Pizzas, Pepperoni Pizzas, Veggie Pizzas, Pasta Salad, Dished Salads/Dressings, Jonny Pops, Assorted Fresh Fruit |
| Friday | Breakfast | Buttermilk Pancakes, Butter & Syrup, Sausage Links, Hard Cooked Eggs, Assorted Donuts, Assorted Hot & Cold Cereals, Assorted Fruit Yogurt Cups, 2% Chocolate Half Pint Milk, Grape Juice, Assorted Fresh Fruit |
| | Lunch | Corn Dogs, Tater Tots, Dished Salads/Dressings, Assorted Jello, Orange Wedges, Assorted Fresh Fruit |
| | Dinner | Tempora Nuggets, Fried Rice, Chicken Egg Rolls, Dished Salads/Dressings, Fortune Cookies, Watermelon Slices |
| Saturday | Breakfast | Sausage & Cheese Waffles, Bacon Egg Cheese Pepper, Egg Bites, Larger Cinnamon Sweet Rolls, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheeses, Assorted Fresh Fruit, Assorted Beverages |

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.