

SUMMER MENU AND DINING INFO- Weeks 1, 3, 5, 7, 9

2024 DINING STYLE- Camp meals are served cafeteria style. Alternative options and a salad bar will be available at all meals.

SALAD BAR- Breakfast will include fresh cut fruits, cottage cheese, apple sauce, and yogurt. Lunch and Dinner will include a salad bar including lettuce, assorted veggies, dressing, and fresh cut fruits. Options may vary by meal.

ALTERNATIVES- Breakfast will include cereals, bagels, cream cheese, peanut butter and jelly, and whole fruit. Lunch and Dinner will include a baked potato bar, peanut butter and jelly, and whole fruits. Additional options will vary by meal.

SPECIAL DIETARY NEEDS- We are able accommodate peanut/tree nut allergies, gluten allergies and intolerance, dairy intolerance, and vegetarian and vegan diets during the summer. While the staff work closely with families regarding accommodation of food allergies, please note that we are not a peanut-free or gluten-free facility and, thus, the possibility of exposure does still exist. Some families like to send their camper with specially labeled foods for mealtime to accommodate dietary needs, and we are able to store those items in our walk-in fridge but must have prior arrangements made. **We ask all campers with dietary needs and/or restrictions complete this online form at least two weeks prior to the camper's session:** <https://mycamp.org/dietary-needs/> or calling us at the camp office at 859-586-6181.

STAYING HYDRATED- We encourage all campers to bring a labeled water bottle with them for their time at camp. Water will be available at all meals. Refrigerated water fountains and water coolers are conveniently located around camp and activity areas and counselors will remind campers throughout the day to drink water.

SUNDAY

BREAKFAST:
Egg Omelet, Bacon,
Potato Cubes

Special Diet:
GF English Muffin

LUNCH:
Pulled BBQ Pork
Sandwich, Cole Slaw,
Potato Chips

Special Diet:
Vegan Burger,
GF Bun

DINNER:
Chicken Tenders,
Mashed Potatoes,
Peas, Ice Cream
Cup

Special Diet:
Vegan Chick'n,
GF Chicken Tenders

MONDAY

BREAKFAST:
Egg Omelet, Bacon,
Potato Cubes

Special Diet:
GF English Muffin

LUNCH:
Pulled BBQ Pork
Sandwich, Cole Slaw,
Potato Chips

Special Diet:
Vegan Burger,
GF Bun

DINNER:
Pasta Bar- Pasta,
Veggies, Chicken,
Pesto, Garlic Bread,
M&M Cookie

Special Diet:
Black Beans, GF
Pasta

TUESDAY

BREAKFAST:
Pancakes, Sausage
Links, Eggs

Special Diet:
GF Waffle

LUNCH:
Chicken or Cheese
Quesadilla, Black Bean
and Corn Salad,
Tortilla Chips

Special Diet:
Veggie Quesadilla,
GF Quesadilla

DINNER:
Homemade Pizza,
Slushy Cup

Special Diet:
GF Pizza, Vegan Pizza

WEDNESDAY

BREAKFAST:
Biscuits, Eggs,
Sausage Patties

Special Diet:
GF Bagel

LUNCH:
Chicken Nuggets,
Mac and Cheese,
Green Beans

Special Diet:
Vegan Chick'n,
GF Chicken Tenders

DINNER:
Hot Dog, Chips, Fruit,
Gogurt, Fruit Snacks,
S'mores

Special Diet:
Vegan Hot Dog, Grilled
Cheese, GF Bun

THURSDAY

BREAKFAST:
Cinnamon Rolls,
Bacon, Potato Cubes

Special Diet:
GF English Muffin

LUNCH:
Grilled Cheese,
Tater Tots,
Tomato Soup

Special Diet:
GF Grilled Cheese,
Vegan Grilled Cheese

DINNER:
Orange Chicken, Veg
Fried Rice, Broccoli,
Chocolate Chip Cookies

Special Diet:
Vegan and GF Orange
Chick'n

FRIDAY

BREAKFAST:
French Toast,
Sausage Links, Eggs

Special Diet:
GF Waffle

LUNCH:
Hamburgers, Cheese,
Fries, Corn

Special Diet:
Vegan Burger,
GF Bun

DINNER:
Spaghetti, sauce,
Meatballs, Carrots,
Bread Sticks,
Ice Cream Sandwich

Special Diet:
GF Spaghetti

SATURDAY

BREAKFAST:
Donuts, Juice, Milk

Special Diet:
GF Bagel

SUMMER MENU AND DINING INFO- WEEKS 2, 4, 6, 8

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SUNDAY

MONDAY

BREAKFAST:

Egg Omelet, Bacon, Potato Cubes

Special Diet:

GF English Muffin

LUNCH:

Chicken Patty Sandwich, Cole Slaw, Sweet Potato Fries

Special Diet:

Vegan Burger, GF Bun

DINNER:

Chicken Tenders, Mashed Potatoes, Peas, Ice Cream Cup

Special Diet:

Vegan Chick'n, GF Chicken Tenders

DINNER:

Pasta Bar- Pasta, Veggies, Chicken, Alfredo Sauce, Garlic Bread, M&M Cookie

Special Diet:

Black Beans, GF Pasta

TUESDAY

BREAKFAST:

Pancakes, Sausage Links, Eggs

Special Diet:

GF Waffle

LUNCH:

Taco, Rice, Beans, Corn, Salsa, Tortilla Chips

Special Diet:

Corn Tortilla

DINNER:

Homemade Pizza, Slushy Cup

Special Diet:

GF Pizza, Vegan Pizza

WEDNESDAY

BREAKFAST:

Biscuits, Eggs, Sausage Patties

Special Diet:

GF Bagel

LUNCH:

Mini Corn Dogs, Mac and Cheese, Green Beans

Special Diet:

Vegan Chick'n, GF Chicken Tenders

DINNER:

Hot Dog, Chips, Fruit, Gogurt, Fruit Snacks, S'mores

Special Diet:

Vegan Hot Dog, Grilled Cheese, GF Bun

THURSDAY

BREAKFAST:

Cinnamon Rolls, Bacon, Potato Cubes

Special Diet:

GF English Muffin

LUNCH:

Grilled Cheese, Tater Tots, Fruit

Special Diet:

GF Grilled Cheese, Vegan Grilled Cheese

DINNER:

Orange Chicken, Veg Fried Rice, Broccoli, Chocolate Chip Cookies

Special Diet:

Vegan and GF Orange Chick'n

FRIDAY

BREAKFAST:

French Toast Sausage Links, Eggs

Special Diet:

GF Waffle

LUNCH:

Hamburgers, Cheese, Fries, Corn

Special Diet:

Vegan Burger, GF Bun

DINNER:

Spaghetti, Cincinnati Style Chili, Carrots, Bread Sticks, Ice Cream Sandwich

Special Diet:

GF Pasta

SATURDAY

BREAKFAST:

Donuts, Juice, Milk

Special Diet:

GF Bagel