Week 4 - Wild Woods
Jul 2-7, 2023

Sunday	**Dinner**	Picnic Lunch: Walking Tacos, Juice Boxes, Chocolate Chip Cookies
Monday	**Breakfast**	French Toast, Sausage Links, Hard Boiled Eggs, Caramel Rolls, Assorted Hot & Cold Cereals, Yogurt Cups, Fresh Fruit
	Lunch	Hot Dogs, Baked Beans, Potato Chips, Salad Bar, Rice Krispie Treats, Fresh Fruit
	Dinner	Chicken Skewers, Vegetable Fried Rice, Vegetable Egg Rolls, Salad Bar, Fortune Cookies, Watermelon Slices
Tuesday	**Breakfast**	Scrambled Eggs with Ham & Cheese, Hash Brown Patties, Muffins, Assorted Hot & Cold Cereals, Yogurt Cups, Fresh Fruit
	Lunch	Pulled Pork BBQ, Cole Slaw, Dill Pickles, Salad Bar, Brownies, Fresh Fruit
	Dinner	Sloppy Joes, Baked Macaroni & Cheese, Salad Bar, Cake, Fresh Fruit
Wednesday	**Breakfast**	Pancakes, Sausage Links, Hard Boiled Eggs, Cinnamon Sweet Rolls, Assorted Hot & Cold Cereals, Yogurt Cups, Fresh Fruit
	Lunch	Grilled Cheese, Tomato Soup, Fritos, Salad Bar, Chocolate Pudding, Fresh Fruit
	Dinner	Grilled Chicken Wraps, BBQ Potato Chips, Salad Bar, Lemon Bars, Fresh Fruit
Thursday	**Breakfast**	Breakfast Burritos, Danishes, Assorted Hot & Cold Cereals, Yogurt Cups, Fresh Fruit
	Lunch	Chicken Tenders, French Fries, Salad Bar, Jello Poke Cake, Fresh Fruit
	Dinner	Flatbread Pizzas, Pasta Salad, Caesar Salad, Salad Bar, Frozen S'Mores Bars, Fresh Fruit
Friday	**Breakfast**	Pastries & Donuts, Hard Boiled Eggs, String Cheese, Assorted Hot & Cold Cereals, Yogurt Cups, Fresh Fruit

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.

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