## 2021 Camp Tesomas Menu

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		
			Scrambled eggs		Warm Biscuits	<del>†                                      </del>	. Sweet roll (2)	2.5oz.	Egg sandwich w/		French toast sticks	6	Blueberry muffin	8.5oz.
			w/ ham and cheese	_	w/ sausage gravy	8oz.	w/ cream cheese icing		sausage, cheese	1.5oz.	Bacon		Breakfast Cereal Bar	1.55oz.
			Diced potatoes	3 oz	Apple sauce	5 oz.	Scrammbled eggs	1	Biscuit	2oz.	Syrup	2oz.	Fruit Cup	1
			Canned fruit	5oz			Canned fruit	5 oz.	Hash brown triangle	2-2oz.			Juice Box	
		Biscuit								Camp Supplied				
Weekly	Cold Cereal, oatmeal, flavored yogurt, bread, peanut butter, jelly (Pre-made no salad bar)													
Beverage	Apple, Orange juice, milk, coffee													
Gluten					Gluten free Sweet roll		Gluten free biscuit/ gravy		Gluten free English muffin		Gluten free French toast			
Vegetarian			w/o ham				meatless gravy		no turkey sausage		meat substitute			
			Lunch		Lunch		Lunch		Lunch		Lunch			
			Cheeseburger	5.3 oz	Chicken Fritter Sandwich	3.5oz.	Sub Sandwich	1	Corn dog	4oz.	Soft Shell Tacos	2		
			Potato Salad	5 oz	w/ sliced cheese	1	w/ Lunch Meat	3 oz	mac and cheese	5oz.	Taco Meat ( 2 oz ea.)	4 oz		
			Baby Carrots/Celery	1/2C	Tator Tots	3oz.	Sliced Cheese/Lettuce		Baby carrots (8)/celery	1/2cup	lettuce, tomato,			
			Ranch Dressing	1 oz	Diced pineapple	5oz.	Granola Bar	1.27 oz	Ranch Dressing	1oz.	shredded cheese, rice	4 oz.		
			Peaches	5 oz			Bag of Chips	1.5oz			sour cream, taco sauce	2 oz		
Beverage		•	•	•	•	•	Bug juice	•	•	•	-	•	•	
Standard							Fruit,bread, peanut	butter, jelly						
Gluten														
Vegetarian														
	Dinner		Dinner		Dinner		Dinner		Dinner		Dinner			
	Meatloaf		Pizza Boats			2	Glazed Ham w/	5oz.	Pulled Pork	6oz.	Roast Turkey Breast	5 oz		
	Red mashed potatoes	5oz.				4oz.	Pineapple		on Bun	2	Red Mashed Potatoes	5 oz		
	California Blend		Green Beans	3oz.			Au gratin potatoes	5oz.	Baked Beans	3oz.	Turkey Gravy	2 oz		
	Dinner roll	1	Corn Cobbette		Camp Supplied	2oz.	Broccoli	3oz.	Cole slaw	3oz.	Dinner Roll			
			Garlic Bread				Dinner Roll	1	BBQ Sauce	1oz.	Green Beans			
				,		4oz.			Chips	2oz.	Cornbread Dressing			
	To Go Meals  Served in Dining Hall and Areas													
Dessert	Banana Pudding		Rice crispy square				Chocolate chip cookie	2	Apple cobbler		Fudge Brownies			
Standard														
Beverage														
Gluten														
Vegetarian														
GF Dessert														
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## 2021 Akela's World

	Friday		Saturday		Sunday							
	Breakfast		Breakfast		Breakfast							
	Staff Breakfast		Scrammbled eggs	6oz.	French Toast sticks (6)	6						
	Cooks choice		Bacon (3)	1.6oz.	Sausage link	2						
			Diced Potatoes	3oz.	Apple Sauce	5oz.						
			Canned Peaches	5 oz.	Sryup	2oz.						
Standard	Cereal and oatmeal											
Bevearage	Milk, Orange Juice, Water, Coffee											
Gluten					Gluten free french toast							
Vegetarian					Vegetable sausage	1.5oz.						
	Lunch		Lunch		Lunch							
	Corn dog	4oz.	Beef soft shell tacos (2)	4oz.	Chicken Nuggets	4.25oz.						
	Mac and cheese	5oz.	lettuce, cheese	2oz.	Smiley potatoes	4oz.						
	Baby carrots (8) & celery	1/2cup	Sour cream, taco sauce		Green Beans	3oz.						
	Ranch Dressing	1oz.			cookie							
			Frijole churros (1)	10in.								
Standard	Fruit											
Beverage												
Gluten	Hotdog GF bun		corn tortilla. GF cookie									
Vegetarian			Faux chicken tacos		Faux chicken nuggets	4.25oz.						
	Dinner		Dinner		Dinner							
	Roast Turkey Breast	5oz.	Beef Spaghetti Bake	4oz.								
	Green Beans	1	w/ meat sauce	4oz.								
	Red mashed potatoes	5oz.	Steamed Broccoli	3oz.								
	Turkey Gravy	2oz	Garlic bread stick	1.19oz.								
	Dinner roll	1	Corn Cobbette	1								
	Cornbread Dressing											
Standard	Salad bar and fruit											
Dessert	Blondie		Banana Pudding	4oz.								
Beverage	Water, juice, milk											
Gluten	GF Bread		GF pasta									
Vegetarian	Grilled zucchini & squash		Meatless sauce									
GF Dessert												