



# Resica Falls Camp

## Dining Services Menu

### Summer 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast Closed</b>	<b>Breakfast</b> Whole Wheat Pancakes Sausage Link	<b>Breakfast</b> Scrambled Eggs Hash Brown	<b>Breakfast</b> Whole Wheat Waffles Pork Roll	<b>Breakfast</b> French Toast Bacon	<b>Breakfast</b> Scrambled Eggs Sausage Link	<b>Breakfast</b> Bagels with Butter, Cream Cheese, Jelly, Peanut Butter Fruit Salad Low-Fat Yogurt Cottage Cheese
<b>Lunch Closed</b>	<b>Lunch</b> Hamburgers with Fixings Corn on the Cob Potato Chips Sliced Watermelon  <b>Specialty Station</b> Nacho Bar  <b>Salad of the Day</b> Chopped Salad	<b>Lunch</b> Turkey Tacos Spanish Rice Steamed Cauliflower Churro  <b>Salad of the Day</b> Chayote Squash Salad	<b>Lunch</b> Chicken Fingers Sweet Potato Fries Carrots w/ Ranch Dressing Italian Ice  <b>Specialty Station</b> Linguine with Alfredo Sauce and Marinara Sauce	<b>Lunch</b> Cheese Steak Tater Tots Cantaloupe  <b>Specialty Station</b> Wing Bar  <b>Salad of the Day</b> Buffalo Chicken	<b>Lunch</b> BBQ Pulled Pork Herbed Noodles Steamed Broccoli Fruit Juice Ice  <b>Specialty Station</b> Baked Potato Bar with Broccoli, Bacon Bits, Cheese, Sour Cream  <b>Salad of the Day</b> Chef's Salad	<b>Lunch Closed</b>
<b>Dinner</b> Roasted Turkey Mashed Potatoes with Gravy Steamed Green Beans Apple Strudel	<b>Dinner</b> Fried Chicken Corn Bread Steamed Carrots Cookie	<b>Dinner</b> Rigatoni with Sausage Steamed Green Beans Garlic Bread Ice Cream Novelty	<b>Salad of the Day</b> Caesar Salad  <b>Dinner</b> Meatloaf Brown Rice Pilaf Steamed Broccoli Yellow Cake	<b>Dinner</b> General Tso's Chicken Fried Rice Vegetable Stir Fry Ice Cream Sandwich	<b>Dinner</b> Roast Beef Herbed Potatoes Steamed Carrots Brownie	<b>Dinner Closed</b>

#### Daily Menu Offerings

100% Orange Juice, 100% Apple Juice  
Water, Low-Fat Chocolate Milk, 2% Milk, Whole Milk, Hot Cocoa, Soy Milk  
FISD WaterWorks Program  
Deluxe Salad Bar with House-Made dressings  
Seasonal Fresh Fruit  
Peanut Butter and Jelly Sandwiches

#### Additional Daily Menu Offerings

Breakfast Cereals including Whole Grain Cereal  
Low-Fat Yogurt, Low-Fat Cottage Cheese  
Dinner Rolls (Except Mondays and Tuesdays)  
Vegetarian Meals Available Upon Request

**\*Menu has been reviewed by:**

Susan Cooper, MS, RD, CDN  
Director of Wellness  
Flik Independent School Dining

**IF YOU HAVE A FOOD ALLERGY, PLEASE CONTACT MARCO MORALES, DIRECTOR OF DINING SERVICES AT: [MARCO.MORALES@COMPASS-USA.COM](mailto:MARCO.MORALES@COMPASS-USA.COM)**