

SCHOEPE SCOUT RESERVATION AT LOST VALLEY 2023 DIETARY MENU

Please note, we are not able to accommodate Vegan and Kosher dietary requests.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Veg- French toast, hard boiled eggs, Veggie sausage, orange slice Syrup GF- GF French toast, applicable items above Breakfast Bar	Veg- Potatoes with veggie sausage, eggs and cinnamon roll GF- GF muffin, eggs, potatoes & bacon Breakfast Bar	Veg- veggies sausage, biscuit, gravy, orange slice GF- English muffin & GF breakfast gravy, orange slice Breakfast Bar	Veg- Waffle Strawberries Whipped Cream Veggie Sausage, Syrup GF- GF waffle, sausage patty, applicable items above Breakfast Bar	Veg- Veggie Skillet, Scrambled Eggs Tortillas GF- Breakfast Skillet (Peppers, Sausage, Potatoes) Scrambled Eggs corn tortillas Salsa & Cheese Breakfast Bar	Veg- Egg, cheese, veg sausage sandwich on English Muffin GF- Egg, cheese, sausage sandwich on a GF English muffin Breakfast Bar
Lunch	STAFF ONLY Pepperoni Pizza Caesar Salad Hot dogs for campers during check in process	VEG- Veg nuggets, Curly Fries Carrot sticks Pudding cup GF- GF Chicken Tenders applicable items above Salad Bar	VEG- Faux Chicken Patty Sandwich (lettuce & cheese) Chips, Apple GF- grilled chicken breast on GF Bun applicable items above Salad Bar	VEG- grilled cheese sandwich, mac & cheese Fruit cup GF- GF mac & cheese and GF turkey sandwich (lettuce & cheese) Salad Bar	VEG- Black bean burger (lettuce & tomato) Tater tots Orange Slice Gf- Hamburger w/ GF bun applicable items above Salad Bar	VEG- Veggie meatball sub with marinara Chips, Caesar Salad GF- Meatball sub on GF bun applicable items above Salad Bar	
Dinner	GF- GF Pasta, Marinara, Meatballs Garlic Bread Veggie Medley Veg- Veg Meatballs, applicable items above Salad Bar	GF- chicken w/ GF sauce White Rice Stir Fry Veggies Veg- Veg nuggets with Orange Chicken Sauce applicable items above Salad Bar	GF- Ground Beef Fajita Veggies Pinto Beans Corn tortillas Shredded lettuce Cheese, salsa Veg- Lentil taco meat and applicable items above Salad Bar	Foil Pack in campsite Veg- Black Bean Patty Potatoes. Celery Bell Peppers Onions, Carrots Apples Cinnamon/Sugar	GF- Chicken Loaded Mashed Potatoes Green beans Veg- Faux Chicken Breast applicable items above Sherbet Salad Bar	GF- Pulled Pork Coleslaw Baked Beans Veg- Vegetarian Patty w/BBQ sauce Veg Baked Beans Hawaiian roll Salad Bar	

Breakfast Bar: Yogurt, Cottage Cheese, Fruit, Cereal, Milk, OJ, Granola

Salad Bar: Salad Mix, Tomatoes, Cucumbers, Celery, Carrots, Bell Peppers, Sliced Hard Boiled Eggs, Olives, Cottage Cheese, Shredded Cheese, Garbanzo Beans, Diced chicken or ham, Beets, Croutons, Ranch Dressing, Italian Dressing

SUBJECT TO CHANGE