

# 2026 CTR Menu

Nutritional value noted in *red*.

## **FOUR DAY CAMPS:**

- Please note that your menu will not include any of the meals listed under Day 5.

## **FIVE DAY CAMPS:**

- Please note that the last meal served for your camp will be breakfast on Day 5.

## **SIX DAY CAMPS:**

- Please note that your meals do not include dinner on Day 1.

## ***MENU***

### Day 1:

- Dinner; Greek chicken, rice, and mixed vegetables  
*Greek seasoning, contains gluten*

### Day 2:

- Breakfast; Pancake on a stick and hash browns  
*Pancake and sausage stick, contains gluten and soy*
- Lunch; Hot dog and loaded tater tots  
*Hot dog bun, contains gluten*  
*Shredded cheddar cheese, contains dairy*
- Dinner; Manicotti, Italian green beans, and garlic toast  
*Manicotti, contains gluten and dairy*

### Day 3:

- Breakfast; Biscuits and gravy  
*Biscuit, contains gluten*  
*Gravy, contains gluten and dairy*
- Lunch; Nachos  
*Cheese sauce, contains dairy*
- Dinner; Crispy chicken sandwich, baked beans, and sweet corn  
*Chicken, contains gluten*  
*Sweet corn, contains dairy*

### Day 4:

- Breakfast; French toast sticks and bacon  
*French toast sticks, contains gluten*
- Lunch; Chicken nuggets and mac 'n' cheese  
*Chicken nuggets, contains gluten*  
*Mac 'n' cheese, contains dairy*

Continue to the next page for the remaining menu items...

- Dinner; Ham, diced sweet potato, loaded green beans, dinner roll  
*Diced sweet potato, contains dairy*  
*Dinner roll, contains gluten*

Day 5:

- Breakfast; waffles and sausage  
*Waffle, contains gluten*
- Lunch; Soft tacos and rice  
*Tortilla, contains gluten*  
*Taco seasoning mixed with beef, contains gluten*
- Dinner; Pulled pork sandwich, french fries, and mixed vegetables  
*Hamburger bun, contains gluten*

Day 6:

- Breakfast; English muffin sandwich, egg patty, cheddar cheese, and bacon  
*English muffin, contains gluten*  
*Cheddar cheese, contains dairy*