

# Camp Menu 2025

Every lunch will be served with a cookie. Cookies should be avoided if you have a peanut allergy.

Red text indicates items that contain gluten or dairy. Please keep in mind that everything noted in red is based only on what the product contains. Food will all be prepared in the same space. NOTE: if you or your student have a severe gluten or dairy allergy, we are unable to provide a supplement meal at this time. We are very sorry for this inconvenience and hope you can understand. If you have concerns or further questions, please contact our camp office at (417) 858-9222.

## Day 1-

Dinner: Balsamic Chicken Breast, Roasted Red Potatoes and Green Beans

Green Beans: Dairy

## Day 2-

Breakfast: Pancake Stick and Hashbrown

Pancake Stick: Gluten

Lunch: Beef Hot Dogs and Tater Tots

Ask servers for no bun

Dinner: Pasta and Breadstick

Pasta: Gluten

Breadsticks: Gluten and Dairy

## Day 3-

Breakfast: Biscuits & Gravy

Biscuits: Gluten and Dairy

Gravy: Gluten and Dairy

Lunch: Nachos

Nacho Cheese: Dairy

Dinner: Pulled Pork Sandwich and Au Gratin Potatoes

Ask servers for no bun

Au Gratin Potatoes: Dairy

Day 4-

Breakfast: Waffles and Bacon

Waffles: Gluten and Dairy

Lunch: Chicken Nuggets and Mac and Cheese

Chicken Nuggets: Gluten

Mac & Cheese: Gluten and Dairy

Dinner: Teriyaki Chicken and White Rice

Teriyaki Chicken: Gluten

Day 5-

Breakfast Sandwich (english muffin, egg, bacon and cheese)

Ask your servers for a sandwich without cheese. Only a few are made without cheese so please let us know in advance.