

CAMP INDEPENDENCE DINING MENU 2024



		Thursday	Friday	Saturday	Sunday	
B R E A K F A S T	<u>Served Daily</u> Assorted Cereals Milk Juice Fresh Fruit Yogurt Oatmeal		<u>French Toast</u> Bacon Breakfast Potato Fresh Fruit Syrup	<u>Waffles</u> Turkey Sausage Fresh Fruit Syrup	<u>Cheese Omelete</u> Bacon Tots Fresh Fruit	
	L U N C H	WOWbutter & Jelly Sandwich available as a mealtime alternative	<u>Chicken Nuggets</u> Au Gratin Potatoes Tossed Salad Fruit Cup	<u>Meatball Hoagie</u> Smiley Fries Tossed Salad Fruit Cup	<u>Double Cheese Burger on Bun</u> Cheese/Let/Tom Tots Tossed Salad Fruit Cup	<u>Hot Dogs</u> Mac N Cheese Tossed Salad Fruit Cup
			<u>Cheese Pizza</u> French Fries Hot Veggie Breadstick Italian Ice Cup	<u>Heritage Bowl</u> Popcorn Chicken Mash Potatoes w/ Gravy Seasoned Corn Biscuit Pudding	<u>BBq Chicken</u> Grilled Chicken Breast Seasoned Rice Hot Veggie Dinner Roll Cookie	<u>Pasta Night</u> Lasagna Roll ups Meatball Breadstick Hot Veggie Rice Crispy Treat
D I N N E R	Menus subject to change due to availability					

SPECIAL DIETARY REQUEST FORM: <https://247scouting.com/forms/527-SpecialDietaryRequest24>

CAMP INDEPENDENCE DINING MENU 2024 - DAIRY FREE

		Thursday	Friday	Saturday	Sunday	
B R E A K F A S T	<p><u>Served Daily</u></p> <p>Assorted Cereals Oat Milk Juice Fresh Fruit Oatmeal</p>		<p><u>Scrambled Eggs</u></p> <p>Bacon Breakfast Potato Fresh Fruit</p>	<p><u>DF Waffles</u></p> <p>Turkey Sausage Fresh Fruit Syrup</p>	<p><u>Scrambled Eggs</u></p> <p>Bacon Tots Fresh Fruit</p>	
		L U N C H	<p><u>Chicken Nuggets</u></p> <p>Fried Potatoes Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Meatball Hoagie</u></p> <p>Chicken Meatballs Smiley Fries Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Double Burger on Bun</u></p> <p>Cheese/Let/Tom Tots Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Hot Dogs</u></p> <p>Buttered Noodles Tossed Salad</p> <p>Fruit Cup</p>
			D I N N E R	<p>Menus subject to change due to availability</p> <p><u>Pasta Bake</u> Pasta with Marinara French Fries Hot Veggie Breadstick</p> <p>Italian Ice Cup</p>	<p><u>Heritage Bowl</u></p> <p>Popcorn Chicken Mashed Potatoes Seasoned Corn Dinner Roll</p> <p>Oreo Cookie</p>	<p><u>BBq Chicken</u></p> <p>Grilled Chicken Breast Seasoned Rice Hot Veggie Dinner Roll</p> <p>Jello</p>

CAMP INDEPENDENCE DINING MENU 2024- GLUTEN FREE

		Thursday	Friday	Saturday	Sunday	
B R E A K F A S T	<p><u>Served Daily</u></p> <p>Assorted Cereals Milk Juice Fresh Fruit Yogurt Oatmeal</p>		<p><u>Scrambled Eggs</u></p> <p>Bacon Breakfast Potato Fresh Fruit</p>	<p><u>GF Waffles</u></p> <p>Turkey Sausage Fresh Fruit Syrup</p>	<p><u>Cheese Omelete</u></p> <p>Bacon Tots Fresh Fruit</p>	
		L U N C H	<p><u>GF Chicken Tender</u></p> <p>Au Gratin Potatoes Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Meatball Hoagie</u></p> <p>GF Meatballs GF Bun Smiley Fries Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Double Cheese Burger on Bun</u></p> <p>GF Bun Cheese/Let/Tom Tots Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Hot Dogs</u></p> <p>GF Bun GF Mac N Cheese Tossed Salad</p> <p>Fruit Cup</p>
			D I N N E R	<p><u>GF Pasta Bake</u></p> <p>French Fries Hot Veggie GF BreadStick</p> <p>Italian Ice Cup</p>	<p><u>Heritage Bowl</u></p> <p>GF Popcorn Chicken Mashed Potatoes Seasoned Corn GF Bread</p> <p>Pudding</p>	<p><u>BBq Chicken</u></p> <p>Grilled Chicken Breast Seasoned Rice Hot Veggie GF Bread</p> <p>GF Snickerdoodle</p>
<p>Menus subject to change due to availability</p>						

CAMP INDEPENDENCE DINING MENU 2024 - VEGETARIAN

		Thursday	Friday	Saturday	Sunday	
B R E A K F A S T	<p><u>Served Daily</u></p> <p>Assorted Cereals Milk Juice Fresh Fruit Yogurt Oatmeal</p>		<p><u>French Toast</u></p> <p>Vegetarian Sausage Breakfast Potato Fresh Fruit Syrup</p>	<p><u>Waffles</u></p> <p>Vegetarian Sausage Fresh Fruit Syrup</p>	<p><u>Cheese Omelete</u></p> <p>Vegetarian Sausage Tots Fresh Fruit</p>	
		L U N C H	<p><u>Vegetarian Chicken Tenders</u></p> <p>Au Gratin Potatoes Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Meatball Hoagie</u></p> <p>Vegetarian Meatballs Smiley Fries Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Double Cheese Burger on Bun</u></p> <p>Black Bean Burger Cheese/Let/Tom Tots Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Grilled Cheese</u></p> <p>Mac N Cheese Tossed Salad</p> <p>Fruit Cup</p>
			D I N N E R	<p><u>Cheese Pizza</u></p> <p>French Fries Hot Veggie Breadstick</p> <p>Italian Ice Cup</p>	<p><u>Heritage Bowl</u></p> <p>Vegetarian Chicken Tenders Mash Potatoes w/ Gravy Seasoned Corn Biscuit</p> <p>Pudding</p>	<p><u>BBQ Tofu</u></p> <p>BBQ Tofu Seasoned Rice Hot Veggie Dinner Roll</p> <p>Cookie</p>
<p>Menus subject to change due to availability</p>						

CAMP INDEPENDENCE DINING MENU 2023- GLUTEN FREE/DAIRY FREE

		Thursday	Friday	Saturday	Sunday	
B R E A K F A S T	<p><u>Served Daily</u></p> <p>Assorted Cereals Oat Milk Juice Fresh Fruit Oatmeal</p>		<p><u>Scrambled Eggs</u></p> <p>Bacon Breakfast Potato Fresh Fruit</p>	<p><u>DF/GF Waffles</u></p> <p>Turkey Sausage</p> <p>Fresh Fruit Syrup</p>	<p><u>Scrambled Eggs</u></p> <p>Bacon Tots Fresh Fruit</p>	
		L U N C H	<p><u>GF/DF Chicken Tender</u></p> <p>Fried Potatoes Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Meatball Hoagie</u> DF/GF Meatballs DF/GF Bun Smiley Fries Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Double Burger on Bun</u> DF/GF Bun Cheese/Let/Tom Tots Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Hot Dogs</u> DF/GF Bun DF/GF Buttered Noodles Tossed Salad</p> <p>Fruit Cup</p>
			D I N N E R	<p><u>GF/DF Pasta Bake</u></p> <p>French Fries Hot Veggie GF/DF BreadStick</p> <p>Italian Ice Cup</p>	<p><u>Heritage Bowl</u></p> <p>GF/DF Chicken Chunks Mashed potatoes Seasoned Corn GF/GF Bread</p> <p>Jello</p>	<p><u>BBq Chicken</u></p> <p>Grilled Chicken Breast Seasoned Rice Hot Veggie GF Bread</p> <p>GF/DF Cookie</p>
	<p>Menus subject to change due to availability</p>					

CAMP INDEPENDENCE DINING MENU 2024 - NO PORK

		Thursday	Friday	Saturday	Sunday	
B R E A K F A S T	<p><u>Served Daily</u></p> <p>Assorted Cereals Milk Juice Fresh Fruit Yogurt Oatmeal</p>		<p><u>French Toast</u></p> <p>Turkey Sausage Breakfast Potato Fresh Fruit Syrup</p>	<p><u>Waffles</u></p> <p>Turkey Sausage Fresh Fruit Syrup</p>	<p><u>Cheese Omelete</u></p> <p>Turkey Sausage Tots Fresh Fruit</p>	
		L U N C H	<p><u>Chicken Nuggets</u></p> <p>Au Gratin Potatoes Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Meatball Hoagie</u></p> <p>Smiley Fries Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Double Cheese Burger on Bun</u></p> <p>Cheese/Let/Tom Tots Tossed Salad</p> <p>Fruit Cup</p>	<p><u>Hot Dogs</u></p> <p>Mac N Cheese Tossed Salad</p> <p>Fruit Cup</p>
			D I N N E R	<p><u>Cheese Pizza</u></p> <p>French Fries Hot Veggie Breadstick</p> <p>Jello</p>	<p><u>Heritage Bowl</u></p> <p>Popcorn Chicken Mash Potatoes w/ Gravy Seasoned Corn Biscuit</p> <p>Pudding</p>	<p><u>BBq Chicken</u></p> <p>Grilled Chicken Breast Seasoned Rice Hot Veggie Dinner Roll</p> <p>Cookie</p>
	<p>WOWbutter & Jelly Sandwich available as a mealtime alternative</p>					
	<p>Menus subject to change due to availability</p>					