

## 2019 Camp Tesomas Cycle 1 Menu

### Periods 1, 3, 5, 7

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b>	Main		French Toast Sticks, bacon, Apple Sauce, syrup	Loaded sausage cheese eggs, Hash brown triangles, warm biscuit, Pears	Belgian Waffles, Hormel sausage patty, strawberry, whipped topping, syrup, Peaches	Bacon egg breakfast burrito, cheese, salsa, sour cream, Potatoe circles, apple sauce	Amish biscuits, Suasage patty, whipped topping, Apple Sauce	Warm biscuits and sausage gravy, shredded hash browns, Peaches
	Standard	Oatmeal, Cold Cereal, Yogurt and berry bar, bread bar, assorted fruit						
	Beverage	Milk, Juice, Coffee, Water						
	Gluten Free		GF Pancakes		GF Waffles	GF toast	GF Pancakes	GF Muffin
	Vegetarian		veg sausage	eggs w/o ham	Veg patty	meat free casserole		veg gravy
<b>LUNCH</b>	Main		Blackened Chicken Caesar, Shredded lettuce, Wrap on flour tortilla, fries	Beef Taco, Pinto Beans, Mexican Rice, sour cream, salsa, cheese	Baked chicken parmesan Penne, Italian Veg Blend, Breadstick	Cowboy Chili, Shredded Cheese, corn bread, baked potato, baby carrots with Ranch	Sloppy Joe on a Bun, Corn Chips, Broccoli Salad	
	Soup		Creamy Tomato Basil				Cooks Choice	
	Standard	Salad bar and fruit						
	Beverage	Fruit drinks/punches, water						
	Gluten Free		Corn Tortillas, GF Fries	GF Pasta, GF Breadstick	GF Bun	GF CornBread	GF Bun	
	Vegetarian		Caesar salad wrap	Vegetable pasta bake	Vegetairan tacos	Veg Chili	Veg sloppy joe	
<b>DINNER</b>	Main	Roast Turkey breast, grilled corn, mashed red potatoes,turkey gravy, dinner roll, (Crandberry sauce on Salad bar)	Beef Strogonoff with Egg noodles, Peas and Carrot blend, Roll	Pack out: Hamburger, Brats, or Diced Chicken, potato chips, bun	pulled pork on a bun, baked beans, cole slaw, watermelon, BBQ Sauce	Teriyaki chicken breast, jasmie rice, california vegetables	Roast pork loin, Au Gratin Potato, pan gravy, glazed carrots, Roll	
	Standard	Salad Bar and Fruit (excluding pack out)						
	Dessert	Apple Crisp	Cookies & Cream Pudding	Chocolate Chip Cookie	M&M Cookie Bar	Brownies	Ice Cream Cup	
	Beverage	Fruit drinks/punches, water, milk		Drink Mix	Fruit drinks/punches, water, milk			
	Gluten Free		GF Pasta, GF meat sauce	GF Bun	GF Bun			
	Vegetarian	Faux Chicken Strip	Mushroom gravy	Veg Burger	jackfruit BBQ	T Glazed faux chicken nug	Vegetarian meatloaf	
GF Dessert			GF cookie	GF Brownie				

## 2019 Camp Tesomas Cycle 2 Menu

### Periods 2,4,6,8

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b>	Main		French Toast Sticks, bacon, Apple Sauce, syrup	Scrambled eggs with Ham and Cheese, cubed potatoes, Pineapple	Belgian Waffles, Bacon, strawberry, whipped topping, syrup, Peaches	Egg sandwich with sliced Turkey Sausage, cheese, english muffin, Hash brown Triangle, Apple Sauce	Cinnamon Roll Scrambled Eggs, Cheese, Salsa, Pears	Warm biscuits and sausage gravy, shredded hash browns, Peaches
	Standard	Oatmeal, Cold Cereal, Yogurt and berry bar, bread bar, Hand fruit						
	Beverage	Milk, Juice, Coffee, Water						
	Gluten Free		GF Pancakes		GF Waffles	GF Bun	GF Cinnamon Pancake	GF Muffin
	Vegetarian			veg links	Veg patty			Veg gravy
<b>LUNCH</b>	Main		Chicken Fajitas with roasted peppers, refried beans, spanish rice, tortilla, cheese, sour cream, salsa	Orange Chicken, Jasmine Rice, Asian Vegetables, Fortune cookie	Frito Delight (corn chips, Taco beef, Shredded lettuce, cheese, sour cream, salsa)	Grilled chicken breast sandwich, shredded lettuce, tomato, Potato chip, macaroni salad,	Corn Dog, Garlic Mac and Cheese, baby carrots with Ranch	
	Soup		Cooks Choice				Cooks Choice	
	Standard	Salad bar and fruit						
	Beverage	Fruit drinks/punches, water						
	Gluten Free				GF Bun	GF Bun	GF Pasta	
	Vegetarian		Orange Faux chx Nug	Faux Beef Strip	Veg Fajitas	Veg sloppy joe	Vegcorn dog	
<b>DINNER</b>	Main	BBQ 1/4 Chicken, grilled corn, mashed red potatoes, Dinner roll	Penne meat sauce, Green Bean, garlic bread stick	Pack out: Hamburger, Brats, or Diced Chicken, potato chips, bun	Hormel pulled pork on a bun, baked beans, Cole Slaw, watermelon, BBQ sauce	Biscuits, loaded Turkey Potato Gravy, steamed Broccoli	Glazed Ham w/ Pinnacle, Au gratin Potatoes, Veg Blend, Roll	
	Standard	Salad Bar and Fruit (excluding pack out)						
	Dessert	Apple Crisp	Chocolate Pudding	Chocolate Chip Cookie	M&M Cookie Bar	Rice Crispy Square	Orange Cream Bar	
	Beverage	Fruit drinks/punches, water, milk			Drink Mix	Fruit drinks/punches, water, milk		
	Gluten Free		GF noodles, GF Breadstick	GF Bun	GF Bun			
	Vegetarian	Grilled zucchini & squash	Meatless sauce	Veg Burger	Veg BBQ	Grilled Teriyaki Tofu	Glazed Tofu	
GF Dessert					GF Square			