

Summer 2026 Menu - Horsemanship

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	Kitchen Closed	Plain & Choc Chip Pancakes + butter and syrup Boiled Eggs Sausage Links Tater Tots Apple Sauce	Cereal Day Scrambled Eggs Bagels & Cream Cheese Keilbasa & Cubed Hashbrowns Canned Peaches	Biscuits + Sausage Gravy Scrambled Eggs Bacon, Tri-Taters Fresh Cantaloupe --- Teen Campers Only English Muffins Fried Eggs, Sausage Patties Muffins & Fresh Cantaloupe	Build Your Own Breakfast Burrito Scrambled Eggs Ground Breakfast Sausage Coin Potatoes Coffee Cake Canned Pears	Cinnamon Rolls w/ cream cheese glaze or cream cheese frosting Breakfast Casserole Bacon Grapes	
Lunch	Staff Only	Teen Variety Pizzas (Cheese, Pepperoni, Hawaiian, & Meat) Pasta Salad Caesar Salad --- Chocolate Pudding w/ Marshmallows	Teen Ground Beef Tacos / Nachos Refried Beans + lettuce, tomatoes cheese, sour cream --- Rice Krispy Treats	Teen Hamburgers + lettuce, tomato, onion sliced cheese, pickles French Fries --- Chocolate Chip Cookies	Teen Hot Dogs + chili & cheese onions, pickles, relish Chips --- M&M Blondies	Staff Only	
Dinner	Pulled Pork Sandwiches Coleslaw Pickles, Cheese Baked Beans Curly Fries --- Cream Cheese Brownies	Swedish Meatballs Mashed Potatoes & Gravy Cheesy Biscuits Buttered Corn --- Strawberry Shortcake	Chicken Alfredo with Pasta Roasted Broccoli Garlic Bread --- Oreo Poke Cake	Red Pork Enchiladas with corn tortillas + lettuce, tomatoes cheese, sour cream Spanish Rice, Black Beans Tortilla Chips --- Snickerdoodles	Chicken Tenders + sauces Rice Pilaf Dinner Rolls Green Beans with Bacon --- Ice Cream Bar	Kitchen Closed	

Notes:

*Veggie Tray: baby carrots, celery sticks, grape or cherry tomatoes, and sliced cucumbers

** Mini Salad Bar: lettuce, tomatoes, shredded carrots, shredded cheese with ranch and Italian dressings

Available at All Breakfasts: Whole Fruits—apples, oranges, and bananas; oatmeal, yogurt, granola, and cereal packs; water, orange juice, milk, and almond milk

Available at All Lunches & Dinners: Full Salad Bar (Mini Bar for Junior Camp lunch); Whole Fruits—apples, oranges, and bananas; water, lemonade, and sweet tea

For High School Seniors & Adults Only: Coffee (decaf and regular), hot chocolate packets, selection of teas, & apple cider packets available at all meals

Special Diet Notes

Since our kitchen is not an allergen-free kitchen, we cannot guarantee there will be no cross contact in the food we provide. A refrigerator and freezer, microwave, toaster, and toaster oven are provided in the Special Diet Area. The Special Diet Fridge will also have boiled eggs, cooked chicken breast, gluten free bread, corn tortillas, gluten free pasta (for Wednesday dinner), yogurt, and gluten free cinnamon bread (for Saturday breakfast) for those with dietary needs only. **Junior Camp breakfasts and dinners are served in our main facility dining room; lunches are served in the junior camp facility. Items should be packed with that in mind.** Please let us know in advance if you would like to use the special diet items listed above so that we can have them prepared for you. For additional information please contact Amber Bushey at amberbushey@wolfmountain.org.