

Wolf Mountain Menu

Summer 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Kitchen Closed	French Toast Bake + butter and syrup Scrambled Eggs Sausage Links Happy Face Potatoes Apple Sauce	Cereal Day Boiled Eggs Bagels & Cream Cheese Keilbasa w/ Cubed Potatoes Canned Peaches	Breakfast Sandwiches English Muffins Fried Eggs, Sausage Patties Sliced American Cheese Tri-Taters Fresh Cantaloupe --- Teen Campers Only Muffins also available	Build Your Own Breakfast Burrito Scrambled Eggs Ground Breakfast Sausage + toppings Tater Tots Coffee Cake Canned Pears	Cinnamon Rolls with Cream Cheese Glaze or Frosting Breakfast Casserole Bacon & Grapes
Junior Lunch	Staff Only	Junior Cheese Pizza Pepperoni Pizza Veggie Tray* Mini Salad Bar** Pizza Pasta Salad --- Vanilla Pudding with Chocolate Chips	Junior Fish Sticks French Fries Mini Salad Bar --- Rice Krispy Treats	Junior Hamburgers + toppings Veggie Tray Mini Salad Bar Potato Chips --- Chocolate Chip Cookies	Junior Sloppy Joes Veggie Tray Mini Salad Bar Macaroni & Cheese --- M&M Cookies	Staff Only
Teen Lunch		Teen Variety Pizzas (Cheese, Pepperoni, Hawaiian, & Meat) Pizza Pasta Salad --- Vanilla Pudding with Chocolate Chips	Teen Sub Sandwiches with Turkey, Ham, & Cheese Veggie Tray Mini Salad Bar SC & Onion Chips --- Rice Krispy Treats	Teen Hamburgers & Chicken Patty Sandwiches + toppings French Fries --- Chocolate Chip Cookies	Teen Sloppy Joes Veggie Tray Macaroni & Cheese --- M&M Cookies	
Dinner	Sour Cream Chicken White Rice Homemade Bread Roasted Carrots --- No Bake Cheesecake with Toppings	Beef Burritos + toppings Spanish Rice Black Beans Tortilla Chips --- Chocolate Cupcakes with Frosting	Italian Meat Sauce & Pasta Caesar Salad Italian Breadsticks Buttered Corn --- Jello Cake	Chicken Tenders + sauces Mashed Potatoes + Gravy Dinner Rolls Green Beans with Bacon --- Peach Crisp with Whipped Cream	Honey Mustard Pork Rice Pilaf Crescent Rolls Roasted Broccoli --- 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 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.