

Senior High Retreat 2026

	Day 1	Day 2	Day 3	Special Diet Notes
Breakfast		<p>Pancakes & Syrup Sausage Links Scrambled Eggs Tater Tots</p>	<p>Cinnamon Rolls with Cream Cheese Glaze or Frosting Breakfast Casserole Bacon</p>	<p>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 cooked chicken breast, boiled eggs, gluten free bread, yogurt, and gluten free cinnamon bread (for cinnamon roll day) for those with dietary needs only. Gluten Free pasta will be available for the pasta dinner.</p> <p>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. Food from a meal served at The Mill may be set aside for a future meal.</p>
Lunch		<p>Pork Carnitas Chicken Fajitas Flour Tortillas + Sautéed Veggies & Toppings Black Beans Mexican Rice Corn Tortilla Chips --- Chocolate Chip Cookies</p>	<p>Soup & Sandwiches Broccoli Cheddar Loaded Potato Sandwiches Hot Ham & Cheese Sliders Meatball Subs Veggie Tray --- Rice Krispy Treats</p>	<p>For additional information please contact Amber Bushey at amberbushey@wolfmountain.org.</p> <p>Notes: Available at All Breakfasts: whole fruits—apples, oranges, and bananas; oatmeal, yogurt, granola, and cereal packs; water, juice, milk, and almond milk</p> <p>Available at All Lunches & Dinners: full salad bar; whole fruits—apples, oranges, and bananas; water, lemonade, and sweet tea</p> <p>Coffee (decaf and regular), hot chocolate packets, selection of teas, & apple cider packets available at all meals</p>
Dinner	<p>Create Your Own Pasta Dinner Alfredo or Marinara Rotini or Penne + Meat & Veggie add-ins Garlic Bread Caesar Salad --- Tiramisu</p>	<p>Tri-Tip BBQ Smoked Chicken Mashed Potatoes & Gravy Ranch Beans Roasted Carrots Cheddar Bay Biscuits --- Ice Cream Bar</p>		