

Youth Menu—Vegetarian

Breakfasts

French Toast Bake

Scrambled eggs, tater tots, and canned pears

Cinnamon Rolls & Breakfast Casserole

Melon or grapes

Cereal & Bagels with Cream Cheese

Boiled eggs, tri-tater hash browns, and canned peaches

Available at All Breakfasts

*Whole Fruits—apples, oranges, and bananas
Oatmeal, yogurt, and granola*

Lunches

Vegetarian Burgers + Toppings

French fries and chocolate chip cookies

Cheese Pizza

Pasta salad and vanilla pudding with chocolate chips

Grilled Cheese & Tomato Soup

Egg salad, veggie tray, chips, and Rice Krispies treats

Meatless Hot Dogs + Vegetarian Chili

Macaroni and cheese, veggie tray, chips, and M&M cookies

Dinners

Spaghetti

Italian breadsticks, corn, Caesar salad, and Jell-o cake

Bean and Cheese Enchiladas + Toppings

Black beans, Spanish rice, tortilla chips, and chocolate cupcakes with buttercream frosting

Baked Potato Bar + Toppings

Corn muffins, roasted broccoli, and peach crisp dessert

Available at All Lunches & Dinners

*Full Salad Bar
Whole Fruits—apples, oranges, and bananas
Trail mix, bread, and peanut butter cups and jelly upon request**

Beverages

Available at Breakfast

Water, orange juice, milk, and almond milk

Available at Lunch and Dinner

Water, sweet tea, and lemonade

For Adults Only

Coffee (decaf and regular), hot chocolate packets, selection of teas, & apple cider packets available at all meals

Special Diet Provisions

The Special Diet Fridge will also have boiled eggs, gluten free bread, gluten free pasta (for lasagna meal), yogurt, and gluten free cinnamon bread (for cinnamon roll day) for those with dietary needs only. 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, or to request trail mix and PB&J supplies for lunch and dinner, please contact Amber Bushey at amberbushey@wolfmountain.org prior to your retreat.