

2018 Camp Tesomas Menu

Periods 1, 3, 5, 7

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Main		Fench toast, Hormel Applewood smoked bacon, pancake syrup, Apple Sauce	Scrambled eggs, sliced smoked sausage, diced potatoes, Pears	Belgian Waffles, Hormel sausage patty, strawberry, whipped topping, syrup, Peaches	Egg sandwich with sliced Hormel ham, cheese, english muffin, Hash browns, 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
LUNCH	Main		Orange Chicken, jasmine rice, Asian vegetable blend, fortune cookie	Taco beef W/ corn chips, cheese, Lettuce, salsa, sour cream, Dressing	Chicken Fajitas, roasted pepper, cheese, Black beans, Spanish Rice, salsa, tortlla	Chili Mac, Shredded Cheese, corn bread, baby carrots with Ranch	Grilled chicken breast sandwich, shredded lettuce, tomato, Potato chip, macaroni salad,	
	Soup		cooks choice				Cooks Choice	
	Standard	Salad bar and fruit						
	Beverage	Fruit drinks/punches, water						
	Gluten Free				GF Bun	GF Pasta	GF Bun	
	Vegetarian		Orange glazed Faux chx	Faux Beef Strip	Veg Fajitas	Veg Chili	Veg sloppy joe	
DINNER	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	Turkey Pot Pie, steamed Broccoli, Breadstick	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 and squash	Meatless sauce	Veg Burger	Veg BBQ	grilled teriyaki tofu	Glazed Tofu	
	GF Dessert					GF Square		

2018 Camp Tesomas Menu

Periods 2, 4, 6, 8

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Main		French Toast Sticks, Potato Circles, Apple Sauce, syrup	Scrambled eggs, Hormel Diced Ham, Cheese, Hash browns, Pears	Belgian Waffles, Hormel sausage patty, strawberry, whipped topping, syrup, Peaches	Bacon, sausage, egg, casserole, Hashbrown warm biscuits, apple sauce	Deep Dish Pancakes, Hormel Applewood Smoked Bacon, Syrup, Pears	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
LUNCH	Main		Blackened Chicken Caesar, Shredded lettuce, Wrap on flour tortilla, fries	Baked chicken parmesan Penne, Italian Veg Blend, Breadstick	Ground Beef Taco, cheese, lettuce, Pinto Beans, Spanish Rice	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, Crinkle cut fr	GF Pasta, GF Breadstick	GF Bun	GF CornBread	GF Bun	
	Vegetarian		Caesar salad wrap	Vegetable pasta bake	Vegetairan tacos	Veg Chili	Veg sloppy joe	
DINNER	Main	Roast Turkey breast, grilled corn, mashed red potatoes, turkey gravy, dinner roll	Beef Strogonoff with Egg noodles, Peas and Carrot blend, Roll	Pack out: Hamburger, Brats, or Diced Chicken, potato chips, bun	Hormel pulled pork on a bun, baked beans, cole slaw, watermelon, BBQ Sauce	Teriyaki chicken breast, jasmie rice, california vegetables	Roast Hormel pork loin, Au Gratin Potato, pan gravy, glazed carrots, Roll	
	Standard	Salad Bar and Fruit (excluding pack out)						
	Dessert	Apple Crisp	Chocolate Pudding	Chocolate Chip Cookie	M&M Cookie Bar	Rice Crispy Square	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 with faux beef	Veg Burger	jackfruit BBQ	T Glazed faux chicken nug	Vegetarian meatloaf	
GF Dessert			GF cookie	GF Brownie				