

# Notes from the Dining Hall

Our goal is to provide meals that are hearty, nutritious and great tasting. If anyone in your group (student, chaperone or teacher) has a dietary restriction or food allergy, be sure to include detailed notes on the **STUDENT INFORMATION SHEET** or **ADULT HEALTH INFORMATION and PERMISSION FORM** so we can be prepared. We encourage you to call the camp office and speak to the Office Manager about any significant issues so we can work with you to make accommodations. Packing extra food to supplement our menu may work best in some situations, for example, with a gluten-free diet.

**Below is a sampling of typical menu items at DuBois Center's Dining Hall.**

## **BREAKFAST ITEMS**

Fresh Fruit – in season – Bananas • Grapes • Melon • Oranges

French Toast • Hash Brown Patties • Muffins • Pancakes • Scrambled Eggs

Bacon • Ham • Sausage • Cereal – offered at every breakfast

**Beverages:** Fruit Juice, Milk, with Hot Tea & Coffee for adults

## **LUNCH ITEMS**

**Entrée Examples:** Chicken Casserole • Chicken Strips • Hamburgers • Hot Dogs

Pizza • Sloppy Joes • Soup and Sandwiches • Tacos

**Sides Examples:** Baked Beans • Macaroni & Cheese • Potato Tots or Wedges

**Fruit & Vegetable Examples:** Apple slices • Broccoli & Cauliflower Pieces

Carrot & Celery Sticks • Coleslaw • Green Salad

**Beverages:** Water, Lemonade or Other Drink, with Iced Tea & Coffee for adults

## **SUPPER ITEMS**

**Entrée Examples:** Beef Stew • Baked Chicken, Turkey or Ham • Hamburgers

Pasta with Meat Sauce • Tacos

**Sides Examples:** Corn • Pasta • Baked, Mashed or Scalloped Potatoes

Bread Sticks • Garlic Bread • Homemade Rolls

**Vegetable Example:** Green Beans • Peas • Cooked Mixed Vegetables • Salad

Raw Fresh Vegetables

**Dessert Examples:** Cake • Pudding • Cookies • Ice Cream • Brownies

**Beverages:** Water, Lemonade or Other Drink, with Iced Tea & Coffee for adults

## **EVENING SNACKS**

**Examples:** Cookies • Fresh Fruit • Granola Bars • Salty Snacks • S'mores

**NOTE:** Peanut butter and jelly sandwiches are offered at lunch and supper as an alternative to our entrées. ***If anyone in your group has severe peanut or other allergies, please call the camp office – as soon as possible – to discuss options.***