

Notes from the Dining Hall

Our goal is to provide meals that are hearty, nutritious and good-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 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 – Grapes • Melon • Oranges

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

Bacon • Ham • Sausage • Cold Cereal, which is offered at every breakfast

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

LUNCH ITEMS

Entrée Examples: Chicken Strips • Hamburgers • Hot Dogs • Pizza • Tacos
Sloppy Joes • Soup and Sandwiches

Sides Examples: Chips • Corn • Macaroni & Cheese • Potato Tots or Wedges

Fruit & Vegetable Examples: Apple slices • Broccoli & Cauliflower Pieces
Carrot & Celery Sticks • Coleslaw • Salad Bar

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

SUPPER ITEMS

Entrée Examples: Ham • Hamburgers • Pasta with Meat Sauce • Tacos • Turkey

Sides Examples: Corn • Mashed, Scalloped or Roasted Potatoes • Bread Sticks
Garlic Bread • Homemade Rolls

Vegetable Example: Carrots • Cauliflower • Green Beans • Salad Bar

Dessert Examples: Brownie • Cake • Cobbler • Cookie • Ice Cream • Pudding

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

EVENING SNACKS

Examples: Fresh Fruit • Granola Bar • Ice Cream • 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 our office – as soon as possible – to discuss options.***