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 – WELL IN ADVANCE – 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 in 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 • 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.**

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