

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.***