

2017 Camp Tesomas Cycle 1 Menu

Periods 1, 3, 5, 7

| | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|-----------------|---|---|---|--|--|---|---|
| BREAKFAST | Main | | Deep Dish Pancakes, Hormel Applewood Smoked Bacon, Syrup | Scrambled eggs, Hormel Diced Ham, Cheese, Smash Brown Potatoes | Belgian Waffles, Hormel sausage patty, blueberry and strawberry syrups, whipped topping, syrup | Bacon, sausage, egg, and potato casserole, warm biscuits | French Toast Sticks, Potato Circles, Apple Sauce | Warm biscuits and sausage gravy, shredded hash browns |
| | 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 Cinnamon Pancake | GF Muffin |
| | Vegetarian | | veg sausage | eggs w/o ham | Veg patty | meat free casserole | | veg gravy |
| LUNCH | Main | | Blackened Chicken Caesar Wrap on flour tortilla, fries | Ground Beef Taco, cheese, lettuce, frijoles, Spanish Rice | Baked chicken parmesan sandwich, marinara sauce, mozzarella, hoagie roll, potato wedges | Cowboy Chili, Shredded Cheese, corn bread, baked potato baby carrots with Ranch | Grilled chicken breast sandwich, shredded lettuce, tomato, macaroni salad, Tater Tots | |
| | Soup | | Creamy Tomato Basil | | | | Chef's Choice | |
| | Standard | Salad bar and fruit | | | | | | |
| | Beverage | Fruit drinks/punches, water | | | | | | |
| | Gluten Free | | Corn Tortillas | Corn Tortillas | GF Bun | | GF Bun | |
| Vegetarian | | Caesar salad wrap | peppers & onions | eggplant parm | Veg Chili | Grilled veg patty | | |
| DINNER | Main | BBQ 1/4 Chicken, grilled corn, mashed red potatoes, pan bread | Roast Hormel pork loin, roasted potatoes, pan gravy, glazed carrots, cheese bread | Pack out: Hamburger, Brats, or Diced Chicken, potato chips, bun | Hormel pulled pork on a bun, baked beans, potato salad, watermelon | Penne with chicken and italian sausage, Rose sauce, broccoli, garlic bread stick | Beef meatloaf, mashed potatoes, grilled corn, pan gravy | |
| | 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 bread | | GF Bun | GF Bun | GF Pasta | | |
| | Vegetarian | Grilled zucchini and squash | Grilled portabella | Veg Burger | Veg BBQ | Marinara Sauce with squash | Vegetarian meatloaf | |
| GF Dessert | cinnamon apples | | GF cookie | GF Brownie | | | | |

2017 Camp Tesomas Cycle 2 Menu

Periods 2, 4, 6, 8

| | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|----------------|--|---|--|--|--|---|---|
| BREAKFAST | Main | | Fench toast bake, Hormel Applewood smoked bacon, apple syrup, pancake syrup | Scrambled eggs, sliced smoked sausage, diced potatoes | Belgian Waffles, Hormel sausage patty, blueberry and strawberry syrups, whipped topping, syrup | Egg sandwich with sliced Hormel ham, cheese, english muffin, smashed browns | Cinnamon Roll Scrambled Eggs, Cheese, Salsa | Warm biscuits and sausage gravy, shredded hash browns |
| | Standard | Oatmeal, Cold Cereal, Yogurt and berry bar, bread bar, assorted 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, vegetable fried rice, Asian vegetable blend, fortune cookie | Chicken Fajitas, roasted pepper,cheese, frijoles, Spanish Rice, salsa, tortlla | Meatball Subs, marinara sauce, cheese, hoagie, fries | Chili Mac, Shredded Cheese, corn bread, baked potato baby carrots with Ranch | Sloppy Joe on a Bun, Corn Chips, Broccoli Salad | |
| | Soup | | Chef's Choice | | | | Chef's Choice | |
| | Standard | Salad bar and fruit | | | | | | |
| | Beverage | Fruit drinks/punches, water | | | | | | |
| | Gluten Free | | | Corn Tortilla | GF Bun | GF Pasta | GF Bun | |
| Vegetarian | | asian fried tofu | vegetarian fajitas | Veg meatball | Veg Chili | Veg sloppy joe | | |
| DINNER | Main | Roast Turkey breast, grilled corn, mashed red potatoes,turkey gravy, dinner roll | Chicken Penne Alfredo, garlic green beans, pan bread | Pack out: Hamburger, Brats, or Diced Chicken, potato chips, bun | Hormel pulled pork on a bun, baked beans, potato salad, watermelon | Teriyaki chicken breast, jasmie rice, california vegetables | Beef pot roast, Roasted potatoes, Gravy, Glazed carrots, Cheese bread | |
| | 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 Bun | GF Bun | | | |
| | Vegetarian | Roasted Portabella | Broccoli alfredo | Veg Burger | Veg BBQ | grilled teriyaki tofu | Veg Cassoulet | |
| GF Dessert | GF Cinn apples | | Cinnamon Corn chips | | GF Square | | | |