

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, Roasted cube potatoes with onion and pepper	Belgian Waffles, Hormel sausage patty, strawberry syrup, whipped topping, syrup	Scrambled egg with Bacon, potato circles, warm biscuits	French Toast Sticks, Potato Circles w/ sausage, 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		Orange Chicken, vegetable fried rice, Asian vegetable blend, fortune cookie	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	chicken breast sandwich w/ pickles, shredded lettuce, and tomato, macaroni salad, Tater Tots	
	Soup							
	Standard	Salad bar and fruit						
	Beverage	Fruit drinks/punches, water						
	Gluten Free			Corn Tortillas	GF Bun		GF Bun	
	Vegetarian			peppers & onions	eggplant parm	Veg Chili	Grilled veg patty	
DINNER	Main	BBQ 1/4 Chicken, grilled corn, mashed red potatoes, Dinner Roll, (Ice Cream Sandwich)	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 brownie 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, potato barrels	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		Blackened Chicken Caesar Wrap on flour tortilla, fries	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		Creamy Tomato Basil					
	Standard	Salad bar and fruit						
	Beverage	Fruit drinks/punches, water						
	Gluten Free			Corn Tortilla	GF Bun	GF Pasta	GF Bun	
	Vegetarian			vegetarian fajitas	Veg meatball	Veg Chili	Veg sloppy joe	
DINNER	Main	Roast Turkey breast, grilled corn, mashed red potatoes,turkey gravy, dinner roll, (Ice Cream Sandwich)	Penne with meat sauce, 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 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	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		