

Rainbow Trail Lutheran Camp
2025 Week 8 JUNIOR/JUNIOR HIGH/INTRO WEEK

MUST PROVIDE VEGGIE AND SPECIAL FOOD NEEDS OPTION
FOR ALL MEALS

Sunday **CHECK for dietary needs**

KEY: ALLERGIES

G = GLUTEN

L = LACTOSE

N = NUTS

Dinner

Spaghetti

–Meat and Veggie Sauce

-Noodles (G) and GF

Salad –Lettuce, Tomatoes, cucumbers

-Dressing, Croutons (G, L)

Relish Tray –Carrots

-Celery

-Pickle Bowls

-Cucumbers

-Black Olives, Green olives

-Peppercinis - Ranch

Parmesan Cheese (L)

Jell-O

Bread (G) and GF

Garlic Butter (L)

Milk (L)

Ice Tea, WATER

Ice Cream (L)

Snack of the Day: Brownies (G, N)

Monday **CHECK for dietary needs**

BREAKFAST

French Toast (G, L) (Egg Batter) and GF

Strawberries

Butter (L)

Whip cream (L)

Syrup

Sausage Links – Veggie Option

Milk (L), WATER

Cranberry Juice

Lunch

Sloppy Joes

-Meat

-Buns (G) and GF

Tater Tots

Veggie tray - Ranch

Fruit

Cottage cheese (L)

Green chiles

Jalapeno Slices

Dill slices

Cheese (L)

Catsup

Cook's choice - Dessert

Punch

Water

Veggie Option

NEW SALAD BAR

ROMAINE AND ICEBERG LETTUCE, TOMATOES, ONIONS, CUCUMBERS, SPINACH, BROCOLI, BOILED EGGS, SHREDDED CHEESE, MARINATED TOFU, BACON BITS, CROUTONS, MUSHROOMS, DRESSINGS, SUNFLOWER SEEDS, PEA PODS, WHOLE GREEN OLIVES, PICKLE BEETS, BLACK BEANS, SLICED BLACK OLIVES, SALTINES

Dinner

BBQ Chicken

Roasted Potatoes

Corn on the Cob

Salad, dressings, Croutons (G, L)

Corn Bread (G), butter (L) and GF Option

Water

Lemonade

Birthday Cake (G, L, N)

Veggie Option

Snack of the Day: _____

Tuesday CHECK for dietary needs

Breakfast @ 6:00 AM

Eggs -Cheese (L)

-Salsa

-Green Chile

Bacon - Veggie Option

Muffins - GF Option

Peaches

Orange Juice, WATER

Milk (L)

Hike Lunch

Tortillas (G) and GF

Sun Butter

Jelly

Jerky

Cheese (L)

Celery

Carrots

Gorp (L)

Granola Bars

Apples/Oranges

Water

Dinner

Lasagna –Meat and Veggie and GF

-Sauce

-Paste

-Diced

-Mozzarella (L)

-Ricotta cheese (L)

-Parmesan (L)

-Noodles (G)

Corn

Salad –Lettuce

-Cucumber

-Dressings, Croutons (G, L)

Bread (G) –Garlic Butter (L) and GF

Lemonade

Water

Cook's choice - Dessert

Snack of the Day: _____

Wednesday **CHECK for dietary needs**

Breakfast

Pancakes (G, L, N) and GF

-Syrup

-Butter (L)

Sausage links – Veggie Option

Fruit –Apple Sauce

Apple Juice

Milk (L)

Water

Lunch

Hot Dogs –Buns (G) and GF

Brats –Buns (G) and GF

Ketchup, mustard, relish, chopped onions, sauerkraut, shredded cheese (L)

Tater Tots

Fruit

Veggie tray - Ranch

Punch

Water

Cook's choice – Dessert

Veggie Option

NEW SALAD BAR

ROMAINE AND ICEBERG LETTUCE, TOMATOES, ONIONS, CUCUMBERS, SPINACH, BROCOLI, BOILED EGGS, SHREDDED CHEESE, MARINATED TOFU, BACON BITS, CROUTONS, MUSHROOMS, DRESSINGS, SUNFLOWER SEEDS, PEA PODS, WHOLE GREEN OLIVES, PICKLE BEETS, BLACK BEANS, SLICED BLACK OLIVES, SALTINES

Dinner

Pork Loins

Creamy Tomato Potatoes (L)

Green Beans

Tossed salad, Croutons (G, L)

Dressings (L)

Rolls (G) and GF

Butter (L)

Lemonade

Water

Cook's choice – Dessert

Veggie Option

Snack of the Day: _____

Thursday CHECK for dietary needs

Breakfast

Oatmeal

Cream of Wheat (G)

Sausage patties – Veggie Option

Muffins (G, L, N) – GF Option

Grape Juice

Sliced Fresh Peaches

Brown Sugar

Butter, Raisins and Craisins

Milk (L)

Water

LUNCH

Chicken Sandwiches w/Bun (G,L) and GF
Tator Tots
Mayo,Ketchup, Barbecue Sauce
Cheese (L)
Lettuce, Tomatoes
Veggie tray w/Ranch
Fruit
Cottage cheese (L)
Ketchup
Cook's choice - Dessert
Punch
Water
Veggie Option

NEW SALAD BAR

ROMAINE AND ICEBERG LETTUCE, TOMATOES, ONIONS, CUCUMBERS,
SPINACH, BROCOLI, BOILED EGGS, SHREDDED CHEESE, MARINATED
TOFU, BACON BITS, CROUTONS, MUSHROOMS, DRESSINGS, SUNFLOWER
SEEDS, PEA PODS, WHOLE GREEN OLIVES, PICKLE BEETS, BLACK
BEANS, SLICED BLACK OLIVES, SALTINES

Dinner

Turkey –Gravy
Stuffing (G) and GF Option
Cranberry salad
Green Bean Casserole (G, L) – GF Option
Mashed Potatoes (L)
Rolls (G) –Butter (L) – GF option
Lemonade
Water
Cook's choice – Dessert
Veggie Option

Snack of the Day: _____

Friday CHECK for dietary needs

Breakfast

Biscuits (G, L) (GF Option), and Gravy (G, L)
Hash browns
Green chile
Peaches
Cheese (L)
Catsup
Butter (L)
Orange Juice
Milk (L)
Water
Veggie Option

Lunch

Pizza - G and GF

Chips

Veggie tray – Ranch

Cottage Cheese (L)

Grapes

Punch, Water

Cook's choice - Dessert

NEW SALAD BAR

ROMAINE AND ICEBERG LETTUCE, TOMATOES, ONIONS, CUCUMBERS, SPINACH, BROCOLI, BOILED EGGS, SHREDDED CHEESE, MARINATED TOFU, BACON BITS, CROUTONS, MUSHROOMS, DRESSINGS, SUNFLOWER SEEDS, PEA PODS, WHOLE GREEN OLIVES, PICKLE BEETS, BLACK BEANS, SLICED BLACK OLIVES, SALTINES

Dinner

Hamburgers -Patties and Veggie burgers (G)

-Buns (G) and GF

-Cheese (L)

-Tomatoes

- Lettuce

-Ketchup

-Mustard

-Mayo

-Pickle Slices

-Onions

Baked Beans

Salad -Potato

-Mac and Cheese (L)

Lemonade

Water

Ice Cream cones (G, L)

Snack of the Day: _____

Saturday CHECK for dietary needs

Breakfast

Cereal (G)

Cinnamon Rolls (G, L) and GF

Sausage patties – Veggie Option

Cantaloupe/Honey Dew

Yogurt (L)

Milk (L)

Leftover Juice, WATER