

Kentucky 4-H Camping - 2020 Summer Camp Menu

The Contact Agent of each camping group will submit the following form to indicate the menu choices for the camping week.

Please indicate your choices by assigning a day to each meal, using the drop-down box. *Entire meals must be selected, substitutions are not allowed.*

Breakfast Choices - Choose 1 meal per morning and select the day you want it served (Mo, Tu, We, Th, Fr, Sa, Su).

<input type="checkbox"/> Breakfast Pizza (Turkey Sausage) Scrambled Eggs Apple Bosco Stick	<input type="checkbox"/> Biscuit & Gravy Scrambled Eggs Sausage Patty Hash Browns	<input type="checkbox"/> French Toast Sticks Scrambled Eggs Bacon Syrup	<input type="checkbox"/> Biscuit & Gravy Scrambled Eggs Bacon Baked Apples	<input type="checkbox"/> Pancakes Scrambled Eggs Bacon Syrup	<input type="checkbox"/> Cheese Omelet French Toast Sandwich Sausage Link Cinnamon Roll Icing Cup
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Lunch and Dinner Choices - Select a day (Mo, Tu, We, Th, Fr, Sa, Su) and choose when you want the meal served (Lunch or Dinner). Limit 1 Lunch and 1 Dinner per day.

<input type="checkbox"/> Chicken Corn Dog Nacho Cheese Waffle Fries Roasted Cauliflower Apple Crisp	<input type="checkbox"/> Hot Roast Beef Subs Grilled Veggies Curly Fries Cheddar Cheese Dip Pears Strawberry Shortcake	<input type="checkbox"/> Fajita Chicken Soft Taco Fresh Toppings Refried Beans Chips & Queso & Salsa Sidekick Fruit Cup	<input type="checkbox"/> Beef Taco Salad Fresh Toppings Mexican Rice Black Beans Queso Cheese Ice Cream Cup	<input type="checkbox"/> BBQ Pork Sandwich Corn on the Cob Cole Slaw Potato Chips Pineapple	<input type="checkbox"/> All Beef Hotdog on Bun Chili Sauce Potato Salad Tater Tots Apple Sauce Pudding
<input type="checkbox"/> Chicken Strips Mashed Potatoes Green Beans Roll Cake	<input type="checkbox"/> Chicken Patty on Bun Fresh Toppings Carrots with Ranch Macaroni & Cheese Orange Slices	<input type="checkbox"/> Hamburger on Bun Cheese Fresh Toppings French Fries Baked Beans Sherbet	<input type="checkbox"/> Baked Spaghetti Garlic Bread Green Beans Grapes Brownie	<input type="checkbox"/> Turkey or Ham Subs Fresh Toppings Sun Chips Jell-O	<input type="checkbox"/> Pizza Cheesy Bread Stick Pasta Salad Corn Peaches Brownie

Snack Choices - Choose 1 snack per day and select when you want it served (Mo, Tu, We, Th, Fr, Sa, Su).

<input type="checkbox"/> Swiss Rolls	<input type="checkbox"/> Honey Bun	<input type="checkbox"/> White Cheddar Popcorn	<input type="checkbox"/> Rice Krispie Treat	<input type="checkbox"/> Cookie	<input type="checkbox"/> Poptart
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**Menu items are subject to change depending upon product availability*

Alternatives and additional options:

1. Breakfast Bar – oatmeal, brown sugar, raisins, yogurt, and granola. Cereal and fresh fruit will be available at all meals.
2. Salad Bar – a full serve salad bar will be made available at all lunch and dinner meals.
3. Ham & Turkey Subs – A limited supply will be made available during all lunch meals as an alternative food option for all camp participants.
4. Grilled Cheese – a limited supply will be made available during all dinner meals as an alternative food option for all camp participants.
5. Drink options – a variety of drink options will be made available during meals.
6. Special Accommodations - The camping program will provide additional accommodations for participants who are vegetarian, gluten free, or have religious dietary requirements (e.g. no pork). See page 2 for details.

Brunch

Chicken & Waffles
 Scrambled Eggs
 Sausage Patty
 Hash Browns
 Biscuit & Gravy
(Brunch counts for two meals)

Kentucky 4-H Camping Food Service

Dietary Accommodations Policy

Peanuts and Tree Nuts

1. The camping program cannot guarantee that menu items and snacks stored and served out of the kitchen are nut-free or made in nut-free facilities. The camping program cannot guarantee that packages containing food, received in the mail, are nut-free. The camping program cannot guarantee that items sold in the Country Store are nut-free or made in nut-free facilities. Parents/Guardians of youth with a serious, rapid-onset allergic reaction to nuts via airborne or physical contact, are encouraged to contact their Camp Director.

Documented Medical Needs

2. Individuals with documented medical needs related to their diet should contact their Camp Director to provide additional information about their needed accommodations.

Vegetarian, Gluten-Free, and Religious Dietary Requirements

3. The camping program will provide accommodations at breakfast, lunch, dinner, and snack for participants who are vegetarian, gluten free, or have religious dietary requirements.
 - a. Vegetarian
 - i. Main dishes containing meat will be substituted with vegetarian main dishes of similar sustenance (e.g., fajita chicken and beef taco salad could be replaced with a vegetarian grilled chick substitute [soy based] that can be easily added to a tortilla or taco). Other examples of substitutes could be cheese pizza (replaces pepperoni pizza), grilled garden veggie burger or black bean burger (replaces hamburger), vegetarian lasagna (replaces baked spaghetti), veggie sausage (replaces pork sausage or bacon), veggie hickory BBQ riblet (replaces pork BBQ sandwich).
 - ii. Side dishes containing meat or meat byproducts will be substituted with vegetarian side dishes of similar sustenance (e.g., green beans containing pork broth will be substituted with vegetarian green beans).
 - b. Gluten-Free
 - i. Main dishes containing gluten will be substituted with gluten-free main dishes of similar sustenance (e.g., pepperoni pizza would be replaced with a gluten free pepperoni pizza).
 - ii. Side dishes containing gluten will be substituted with gluten-free side dishes of similar sustenance (e.g., macaroni & cheese would be replaced with a gluten free macaroni & cheese).
 - c. Religious Dietary Requirements
 - i. Adult guests and parents/guardians of youth attending camp with religious dietary requirements are encouraged to contact their Camp Director to discuss their needs.

Supplemental Food Items

4. For all other dietary needs, not listed above, the camping program will not provide supplemental food items. Parents are encouraged to have a conversation with their Camp Director to formulate a list of supplemental food items the parent/guardian will provide. The camp foodservice staff can store and prepare these supplemented items as needed. The camping program can provide nutrition and ingredient information for all menu items.