

PowerPlus Preteen Camp – Session 1 Menu
June 14-17, 2025

DINING HALL

- Saturday** Supper - Lasagna, Pasta Salad **DF V**, Green Beans **GF V**, Garlic-cheddar biscuits **V**, Salad, Oreo Cheesecake **V**
- Sunday** Breakfast - Biscuits **V**, Gravy **V**, Eggs w/ Cheese **GF V**, Sausage **GF DF**, Breakfast Potatoes **GF DF V**, Fruit, Yogurt, Cereal
 Lunch - Pretzel Bun **DF V**, Rope Sausage **GF DF**, Tator Tots **GF DF V**, Cheese Sauce **GF V**, Salad, Cookie Cake with Icing **V**
 Supper - Crispy Chicken Breast **GF V**, Rolls **DF V**, Mashed Potatoes **GF V**, Gravy **V**, Fried Okra **DF V**, Salad, Ice Cream **GF V**
- Monday** Breakfast - Cinnamon Rolls **V**, Kolaches, Eggs **GF V**, Hash Browns **GF DF V**, Fruit, Yogurt, Cereal
 Lunch - Chicken Sandwiches: Buns **DF V**, Grilled Chicken **GF DF**, Cheese Slice **GF V**, French Fries **GF DF V**, Lettuce, Tomato, Onion **DF GF V**, Salad, Butterscotch Blondies **V**
 Supper - Fajita Beef + Veggies **GF DF**, Rice **GF DF**, Beans **GF DF V**, Chili Cheese Dip **GF**, Chips **GF DF V**, Salad, Churros **V**
- Tuesday** Breakfast - Breakfast Tacos: Tortillas **DF V**, Eggs **GF V**, Bacon **GF DF**, Breakfast Potatoes **GF DF V**, Muffins **DF V**, Fruit, Yogurt, Cereal
 Lunch - Sack Lunch: Corndogs, Chips **GF DF V**, Cookies **V**, Fruit

<p>GF – Gluten Free DF – Dairy Free V – Vegetarian</p>

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TAQUERIA

Saturday	Supper -	Tortillas DF V , Chicken Tenders DF , Lettuce & Diced Tomatoes GF DF V , Chips, Cookies V , Water
Sunday	Breakfast -	Tortillas DF V , Eggs GF V , Breakfast Potatoes GF DF V , Juice, Chocolate Milk
	Lunch -	Sun Bun DF V , Turkey GF DF , Cheese Slice GF V , Lettuce & Tomato & Onion GF DF V , Chips, Cookies V , Water
	Supper -	Tortillas DF V , Taco Meat w/ Beans GF DF , Lettuce & Diced Tomatoes GF DF V , Chips, Cookies V , Water
Monday	Breakfast -	Tortillas DF V , Eggs GF V , Eggs w/ Sausage GF , Juice, Chocolate Milk
	Lunch -	Buns DF V , Hot Dogs, Chips, Cookies V
	Supper -	Baked Potato GF DF V , Bacon GF DF , Chips, Cookies V , Water
Tuesday	Breakfast -	Tortillas DF V , Eggs w/ Bacon GF , Juice, Chocolate Milk

PIZZERIA

Breakfast

- **Sunday** – Bagels **DF V**, Fruit, Yogurt, Juice, Chocolate Milk
- **Monday** – Churros **V**, Fruit, Yogurt, Juice, Chocolate Milk
- **Tuesday** – Cinnamon Rolls **V**, Fruit, Yogurt, Juice, Chocolate Milk

Lunch & Supper

- Pizza (Pepperoni or Cheese), Cookies **V**, Water
- Saturday, Sunday, Monday

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