

PowerPlus Preteen Camp – Session 4 Menu
June 25-28, 2026

DINING HALL

- Thursday** Supper - Rice Krispy Chicken Breast **DF**, Rolls **DF V**, Mashed Potatoes **GF V**, Gravy **V**, Green Beans **GF V**, Salad, White Cake w/ Bettercreme **V**
- Friday** Breakfast - Cinnamon Rolls **V**, Eggs w/Cheese **GF V**, Sausage **GF DF**, Hash Browns **GF DF V**, Fruit, Yogurt, Cereal
 Lunch - Philly Cheese Steak **GF DF**, Ciabatta Bun **DF V**, White Cheese Sauce **GF V**, Wedge Fries **DF V**, Salad, Italian Ice **GF DF V**
 Supper - Smoked Ham **GF DF**, Mini Biscuits **V**, Mac & Cheese **V**, Fried Okra **DF V**, Salad, Ice Cream **GF V**
- Saturday** Breakfast - French Toast Sticks **V**, Syrup **GF DF V**, Eggs w/Cheese **GF V**, Sausage **GF DF**, Fruit, Yogurt, Milk
 Lunch - Burgers: Beef Patties **GF DF**, Buns **DF V**, Cheese Slices **GF V**, Lettuce, Tomato, Onion **GF DF V**, French Fries **GF DF V**, Salad, Cookie Cake w/Icing **V**
 Supper - Fajita Chicken + Veggies **GF DF**, Chili-Cheese Dip **GF**, Beans **GF DF V**, Chips **GF DF V**, Salad, Churros **V**
- Sunday** 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, Fruit, Cookies **V**

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

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TAQUERIA

- Thursday** Supper - Chicken Wraps: Tortillas **DF V**, Chicken Tenders **DF**, Lettuce & Diced Tomatoes **GF DF V**, Chips, Cookies **V**, Water
- Friday** Breakfast - Breakfast Tacos: Tortillas **DF V**, Eggs **GF V**,
Breakfast Potatoes **GF DF V**, Juice, Chocolate Milk
Lunch - Sub Sandwiches: Sub Bun **DF V**, Turkey **GF DF**, Cheese Slice **GF V**,
Lettuce & Tomato & Onion **GF DF V**, Chips, Cookies **V**
Supper - Frito Pie: Fritos **GF DF V**, Chili **GF DF**, Cookies **V**
- Saturday** Breakfast - Breakfast Tacos: Tortillas **DF V**, Eggs w/ Sausage **GF**, Juice,
Chocolate Milk
Lunch - Hot Dogs: Buns **DF V**, Franks **GF DF**, Shredded Cheese, Chips,
Cookies **V**
Supper - Spaghetti: Spaghetti Noodles, Meat Sauce **GF DF**,
Cheddar-Garlic Biscuits **V**, Cookies **V**, Water
- Sunday** Breakfast - Breakfast Tacos: Tortillas **DF V**, Eggs w/ Bacon **GF**, Juice,
Chocolate Milk

PIZZERIA

Breakfast

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

Lunch & Supper

- Pizza (Pepperoni or Cheese), Cookies **V**, Water
- Friday & Saturday

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