

Summer Camp Meals & Snacks

Our food service staff prepare a variety of pleasing and nutritious meals appropriate for campers and families.

- Campers/Families are served breakfast, lunch and dinner based on their sessions check in and check out times.
 - Example: Resident Campers first meal is Dinner on Sunday after check in, and their last meal is breakfast on Friday before check out.
- Hot food options, cold food options, picky eater alternatives, and dietary alternatives will be provided for each meal.
- A to-go snack will also be provided after lunch to keep campers fueled for activities!

Example of a Weekly Meal Plan – Hot Food Selection

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Pancakes & Sausage Patty	Scrambled Eggs & Hash Browns	French Toast & Bacon	Eggs & Home Fries	Waffles & Sausage Links
Lunch		Chicken Tenders & Fries	Grilled Cheese	Turkey Sloppy Joes	Hamburgers & Hotdogs	
Dinner	Pasta & Meatball Dinner	Cookout	Orange Chicken & Fried Rice	Tacos & Burritos	Roast Turkey Dinner	

Alternatives & Cold Selection

- Cereal & Fruit Bar at Breakfast
- Toast/Sunbutter & Jelly Sandwich Station at All Meals
- Salad Bar at Dinner & Lunch

Drinks

Campers are required to drink 2 small glasses of water before getting any other drink options. This helps to keep our campers hydrated throughout the hot summer days. After, they can choose from the Juice/Gatorade options available that day. Milk is also available during all meals.

Dietary Accommodations

We offer dietary alternatives at each meal. If campers have allergies or special dietary needs, the cook staff will have a separate plate for them. Camp can accommodate the following dietary restrictions if notified before camp through your camp forms:

- Vegetarian
- Pescatarians
- Vegan
- Gluten Free
- Dairy/Lactose Free
- Nut Free
- Fish/shellfish
- Red Dye
- Religious food restrictions can also be accommodated

If your restriction is not listed here, camp may be able to accommodate if you include the information on our forms and contact GSHPA before the camp session

Picky Eaters

Girls are encouraged to try a brownie bite (small bite) of available options. However, there are always a variety of options available. Even the fussiest of eaters will find something to eat at every meal. If a camper absolutely refuses to eat for more than one meal, the nurse or the Camp Manger will contact you.