

Extras Table

The following items are available to campers at each meal, in addition to the menu items being served.

- Bread: white
- Bagels: Plain and assorted
- Cream cheese plain
- Butter
- WOW butter (*a soy peanut butter alternative*)
- Jelly-regular and sugar-free
- Cold cereals-variety of unsweetened cereals
- Oatmeal packets-Plain and flavored
- Homemade granola
- Fresh fruit: apples, oranges, bananas, and others as available

The following items are available to campers at breakfast only:

- Cold cereals: Variety
- Hard-cooked eggs
- Yogurt

Salad Bar

The following items are available in the salad bar each day at lunch and dinner (based on product availability).

Fresh vegetables

- Lettuce mix with romaine
- Baby spinach
- Baby and shredded carrots
- Bell pepper slices
- Broccoli florets
- Celery sticks
- Cucumber slices
- Mushroom slices
- Diced onion
- Grape tomatoes

Canned vegetables

- Banana peppers
- Dill pickle slices
- Bread and butter pickle slices

Pre-Mixed Salads

- Smashed Chickpea salad
- Chia pudding
- Mediterranean Quinoa salad
- Mediterranean Farro salad

Dairy and protein

- Shredded cheddar cheese
- Cottage cheese
- Chopped hard-cooked eggs
- Diced grilled chicken/turkey
- Chickpeas and/or Black beans
- *Tofu is available upon request*

Salad toppings

- Bacon bits
- Croutons
- Sunflower seeds
- Raisins

Dressings and dip

- Ranch dressing
- French dressing
- Italian dressing
- Dill dip
- Hummus