

(Vegetarian) Youth w/IDA Camp week July 12-16 2026

meal	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast		Cheese omelet Plant based bacon Hashbrown shreds Peaches	Camp muffins w/ plant based sausage Potato coins Pears	Scrambled eggs Plant based ham Hashbrown patty Applesauce	French toast Plant based sausage Mandarin oranges
Lunch		Plant based chicken sandwich Tator tots Broccoli Strawberries	BYO sandwich hummus or egg salad Fritos Brownies	Cheese or veggie pizza Veggies w/dip Cookies	Plant based chicken tenders Mac-n-cheese Peas
		Salad bar	Salad bar	Salad bar	Salad bar
Dinner	Pasta w/plant based meatballs Marinara Green beans Garlic bread Cheesecake	Plant based beef Nachos Refried beans Mexican street corn Churros	BBQ jack fruit w/bun Waffle fries Corn Cantaloupe	Plant based steak bite sandwich Ranch potato wedges Carrots	Spicy black bean burger w/bun Baked beans Chips Watermelon
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
snack					
Orange Juice, apple juice only available at breakfast, milk, regular coffee, decaf, water available all meals					