

Tomahawk Menu: Sioux Camp 2026

Updated 4/14/26

As an important note to those who have inquired about our menu this summer at Camp Tomahawk. We have a menu that provides options for Gluten Sensitivity, Gluten Intolerance, Lactose Intolerant, No Egg, or Vegetarian. It's important to note that all menu items are being produced in a kitchen that is also producing menus containing Meat, Gluten, Wheat, Dairy, Eggs, and Soy. If a Camper will have a severe allergic reaction to trace amounts of any of these items, we encourage you to make accommodations with camp to bring your own food and receive a reduced cost for attending.

Monday (3173 - 3403)

Breakfast

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
French Toast Sticks	4 Sticks	330	38	W,S	Eggs.
Turkey Patty	2 Patties	180	0	M	Scrambled Eggs
Diced Potatoes	4 oz Scoop	213	18	-	-
Cut Fruit	4 oz scoop	100	16	-	-
Syrup	1 Packet	110	29	-	-
Milk 1%	1 Carton	100	12	D	Oat Milk
Cereal	1 cup	150	28	-	-
Yogurt	6 oz Scoop	100	20	D	-
Juice	8 oz	100	25	-	-

Directions: Heat a frying pan and melt a little butter to cook the French Toast Sticks. Sausage patties are pre-cooked, so they only need to be heated up until they sizzle.

Lunch

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
All Beef Hot Dog	1 or 2 Hotdogs	230 - 460	2	M	Veggie Hot Dog
Hotdog Bun	1 Bun	150	22	W	GF Bun
Potato Salad	4 oz Scoop	170	24	E	Potato Chips
Whole Fruit	1 Fruit	100	16	-	-
Juice	8 oz	100	25	-	-

Directions: Meal is delivered hot and ready to eat. Wait to open the heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after the meal.

Dinner

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Chilli	1 Cup	270	37	W,M,S	Gluten Free Chili, Vegetarian Chilli
Fritos	1 Bag	160	15	-	-
Salad Mix	4 oz	20	0	-	-
Ranch Packet	1 Packet	130	0	D	Italian Dressing
Shredded Cheese	2 oz Scoop	110	1	D	Extra Chilli
Milk 1%	1 Carton	100	12	D	Oat Milk
Desert	1 Piece	250	29	TBD	Specialty Desert

Directions: Pour chili cans into a pot. Put the pot on medium heat. Gently stir until bubbling, then serve 1 cup per person. Garnish with sour cream and shredded cheese as desired.

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Tuesday (3121)

Breakfast

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
English Muffin	1 Muffin	130	25	W,D,S	W: extra sausage or egg patty
Sausage Patty	1 Patty	180	1	M	M: Veg Patty
Hard Shell Egg	1 Egg	110	1	E	-
Sliced Cheese	1 Slice	70	1	D,S	D: No cheese
HashBrown	1 Patty	120	15	-	-
Milk 1%	1 Carton	100	12	D	-
Cereal	1 cup	150	28	-	-
Orange Juice	8 oz	100	25	-	-
Yogurt	6 oz Scoop	100	20	D	-
Cut Fruit	4 oz Scoop	100	16	-	-

Directions: Heat a frying pan and melt a little butter from your staple crate to fry the eggs. Sausages are pre-cooked, so they just need to be heated to 165 degrees. Cook each egg until yolk is firm. Split the muffins in half, butter each side and place over a heat source to toast. Assemble the egg, sausage and cheese onto the English muffin as a sandwich. This will make one sandwich per person.

Lunch

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Chicken Patty	1 Patty	200	12	M,E,D,W,S	E,D,W:Chicken and Rice
Hamburger Bun	1 Bun	140	26	W	M: Veg Patty
Tater Tots	4 oz Scoop	207	19	-	-
Baby Carrots	4 oz Scoop	45	10	-	-
Ranch Dressing	2 Tbs	129	2	D,E,W	-
Juice	8 oz	100	25	-	-
Whole Fruit	1 Fruit	100	16	-	-

Directions: Meal is delivered hot and ready to eat. Wait to open the heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after the meal.

Dinner

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Tortilla	2 Tortillas	220	62	W	Corn Tortilla Chips
Taco Meat	4 oz Scoop	300	4	M	Seasoned Black Beans
Taco Seasoning			-	-	-
Shredded Cheese	2 oz Scoop	110	1	D	Extra Meat
Milk 1%	1 Carton	100	12	D	Oat Milk
Sour Cream	1 Packet	60	1	D	-
Cake	1 Piece	250	29	TBD	Specialty Desert

Directions: Lather your pan with oil or butter from your staple crate and brown the ground beef in a pan, then drain excess fat. Add 3/4 cup water and seasoning mix. Heat until thickened, stirring often. Fill taco shells with meat mixture and let sit, and then add toppings and wrap it.

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Wednesday (2985 - 3205)

Breakfast

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Pancakes	2 Pancakes	230	49	W,D,E	W,D: Specialty Pancake Batter
Sausage Links	2 Links	170	0	M	Veggie Crumble
Syrup	1 Packet	110	29	-	-
Fruit	1 Per Person	100	16	-	-
Orange Juice	8 oz	100	25	-	-
Yogurt	6 oz Scoop	100	20	D	-
Milk 1%	1 Carton	100	12	D	Oat Milk

Directions: Mix in water to pancake mix slowly until desired consistency. When the griddle is hot, grease it with butter and pour a 4-5-inch circle for each pancake. Wait for bubbles to appear on the surface of the pancake before flipping it over with a spatula. The first few pancakes should be considered tests, adjust heat and cooking time accordingly. The sausages are precooked so they only need to be warmed up.

Lunch

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Corn Dog	1 or 2 Corndogs	220 - 440	25	M,E,D,W,S	M: Veggie Corn Dog
Macaroni and Cheese	4 oz Scoop	310	26	M,D,W,S	D: Hot Dog, Pasta Salad
Juice	8 oz	100	25	-	-
Whole Fruit	1 Fruit	100	16	-	-

Directions: Meal is delivered hot and ready to eat. Wait to open the heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after the meal.

Dinner

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Hamburger Bun	1 Bun	140	26	W	GF Bun
Hamburger Patties	2 Patties	540	0	M	Black Bean Burger
Cheese Slice	1 Slice	70	1	D,S	-
Potato Chips	1 Bag	160	15	-	-
Watermelon	1 Slice	85	0	-	-
Milk 1%	1 Carton	100	12	D	Almond Milk
Cookie	1 Cookie	250	36	E,D,W,S	Specialty Desert

Come to the Beach ready to swim!

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Thursday (3121)

Breakfast

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Tortilla	1 Tortilla	110	31	W	Extra Eggs
Scrambled Eggs	4 oz Scoop	186	0	E	-
Shredded Cheese	2 oz Scoop	110	1	D	Extra Potato
Sausage Bits	1 oz Scoop	192	1.4	M	Extra Eggs
Diced Potato	3 oz Scoop	213	18	-	-
Milk 1%	1 Carton	100	12	D	Oat Milk
Cereal	1 cup	150	28	-	-
Juice	8 oz	100	25	-	-
Yogurt	6 oz Scoop	100	20	D	-
Fruit	*Varies	100	16	-	-

Directions: Crack eggs, mix them thoroughly in a bowl and add milk to stretch. Melt butter into a large frying pan and pour half of the eggs into the pan. Move them around in the pan with a spatula to prevent them from sticking. When they're done scrambling, remove from the pan. Repeat steps to cook the rest of the eggs. The sausage is already cooked so it just needs to be warmed. Do the same for potatoes.

Lunch

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Hamburger Bun	1 Bun	140	26	W	Gluten Free Bun
Sloppy Joe Meat	3 oz Scoop	160	4	M	Veggie Joe
Cheese Slice	1 Slice	70	1	D,S	More Meat
Tater Tots	4 oz Scoop	207	19	-	-
Juice	8 oz	100	25	-	-
Fruit	1 Fruit	100	16	-	-

Directions: Meal is delivered hot and ready to eat. Wait to open the heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after the meal.

Dinner

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Spaghetti Noodles	4 oz Scoop	380	76	W	Chickpea Noodles
Spaghetti Sauce	4 oz Scoop	70	10	-	-
Meatballs	5 Meatballs	160	5	W,D,S,M	Veggie Crumble
Carrots	2 oz Scoop	23	5	-	-
Milk 1%	1 Carton	100	12	D	Oat Milk
Desert	1 piece	250	36	TBD	Specialty Desert

Directions: Bring a large kettle ½ full of water to a boil; place the noodles into the pot when the water is boiling. Heat the sauce in a medium kettle over a low flame. Heat the meatballs in a pan over a medium heat; when the meatballs are fully cooked, mix them with the sauce. Noodles take roughly 12 minutes to cook; they should be soft but not mushy

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Friday (2699)

Breakfast

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Loaf of Bread	1 Per Patrol	70	26	W,S	W: Gluten Free Bread
A Dozen Eggs	1 Per Patrol	80	0	-	-
Cinnamon Spice	1 Bag Per Patrol	0	0	-	-
Sausage Patty	2 Patties	200	0	M	M: Veggie Patty
Syrup	1 Packet	110	29	-	-
Fruit	*Varies	100	16	-	-
Orange Juice	8 oz	120	30	-	-
Yogurt	6 oz Scoop	100	20	D	-
Milk 1%	1 Carton	110	13	D	D: Orange Juice

Directions: Crack eggs into a medium bowl and beat with a fork until they are thoroughly mixed. Add a little milk to stretch the eggs and mix in the bag of cardamom. Heat a griddle over a medium heat and melt butter on the surface. Dip a slice of bread into the egg mixture to evenly coat both sides; do not totally saturate the bread slices or it will fall apart before you get it on the griddle. Lay the dipped bread slices on the greased griddle and flip when the bottom is lightly browned. Cook sausage patty on a medium heat until lightly browned

Lunch

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Hoagie Bun	1 Bun	190	42	W	W: Gluten Free Bun & Pulled Pork
Pulled Pork	4 oz Scoop	226	0	M,W	M: Pulled Jack Fruit
Steak Cut Fries	4 oz Scoop	213	18	W	W: Seasoned Potatoes
Juice	8 oz	100	25	-	-
BBQ Sauce	1 Packet	80	21	-	-
Whole Fruit	1 Fruit	100	16	-	-

Directions: Meal is delivered hot and ready to eat. Wait to open the heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after the meal.

Dinner

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Pork Chop	1 Per Person	170	0	M	M: Stuffed Pepper
Mashed Potatoes	4 oz Scoop	180	20	D	D: Baked Potato
Dinner Roll	1 Per Person				
Salad Mix	4 oz Serving	60	0	-	
Butter	1 oz Serving			D	
Ranch Packet	1 Packet	130	0	D	D: Italian Dressing
Milk 1%	1 Carton	110	13	D	D: Oat Milk
Desert	1 Peice	250	36	TBD	Specialty Desert

Directions: Fry pork chops on a griddle with a little butter. The pork chop is ready to eat when the center is white. Prepare potatoes using 8 cups of warm water or milk. Add butter for taste.

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Saturday

Breakfast

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Yogurt	2 Packets	180	38	D	DF Yogurt
Pop Tart	1 Package	370	32	W, D	GF/DF Muffin
Apple	1 Apple	95	25	-	-

Sunday

Dinner

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Hoagie Bun	1 Bun	250	42	W	GF Bun
Turkey Slice	4 slices	67	1	M	Hummus
Cheese Slice	1 Slice	70	1	D,S	D: No cheese
Green Leaf Lettuce	1 Leaf	0	0	-	-
Potato Chips	1 Bag	160	15	-	-
Milk 1%	1 Carton	100	12	D	D: Oat Milk
Mayonnaise	1 Packet	94	0	E	E: No Mayonnaise
Cookie	1 Cookie	250	36	E,D,W,S	TBD