

# Tomahawk Menu: Chippewa/White Pine 2026

Last Updated: 4/12/2026

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. Each dining area has Dry/Cold storage for individuals bringing their own prepared food, and a microwave for bringing that food up to temp. ☒

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We do not use nuts in any of our cooking. However, we do have some individually wrapped items that contain nuts. Please read all wrapped items before they are eaten. ☒

<b>Sunday (1078)</b>		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
<b>Dinner</b>	Hoagie Bun	1 Bun	250	42	W	W: GF Bun
	Turkey Slice	2 Slices	67	1	M	M: Hummus Warp
	Ham Slice	2 Slices	67	1	M	M: Hummus Warp
	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
	Mayo	1 Packet	94	0	E	E: No Mayonnaise
	Salad Mix	3 oz Scoop	20	3	-	-
	Cookie	1 Cookie	250	36	E,D,W,S	Specialty Dessert

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<b>Monday (3043-3423)</b>		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
<b>Breakfast</b>	Tortilla	1 Tortilla	110	31	W	W: Corn Tortillas
	Scrambled Eggs	4 oz Scoop	186	0	E	E: Extra Meat
	Shredded Cheese	2 oz Scoop	110	1	D	D: Extra Potato
	Sausage Bits	2 oz Scoop	192	1.4	M, P	M: Veg Sausage Crumble
	Diced Potato	4 oz Scoop	133	18	-	-
	Milk 1%	1 Carton	100	12	D	Oat Milk
	Cereal	1 Cup	100	Var.	W	-
	Salsa	1 oz Scoop	10	3	-	-
	Yogurt	4 oz Scoop	75	15	-	-
	Cut Fruit	4 oz scoop	100	16	-	-
Juice	1 Cup	100	25	-	-	
<b>Lunch</b>	All Beef Hot Dog	1 or 2 Hotdogs	230-460	3	M	V: Egg salad sandwich
	Hotdog Bun	1 Bun	150-300	22	W	GF Bun
	Potato Salad	4 oz Scoop	170	24	E	Potato Chips
	Ketchup	1 Tbsp	20	5	-	-
	Mustard	1 Tbsp	0	0	-	-
	Whole Fruit	1 Fruit	100	16	-	-
	Salad Mix	3 oz Scoop	50	3	-	-
	Juice	1 Cup	100	25	-	-
<b>Dinner</b>	Chicken Strips	4 Pieces	307	10	W,S,M	W,S: Specialty Tender, M: Veg Nug
	Mash Potatoes	4 oz Scoop	180	20	-	-
	Pasta Salad	4 oz Scoop	150	41	W,E	W,E: Potato Chips
	BBQ Sauce	1 Tbsp	70	18	-	-
	Salad Mix	3 oz Scoop	50	3	-	-
	Milk 1%	1 Carton	100	12	D	D: Oat Milk
	Brownie	1 Piece	150	29	E,D,W,S	Specialty Dessert

M = Meat | P = Pork | W = Wheat | D = Dairy | E = Egg | S = Soy

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<b>Tuesday</b> (3405)		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
<b>Breakfast</b>	French Toast Sticks	4 Sticks	330	38	W,S	W: Baked GF Oats
	Turkey Patty	2 Patties	180	0	M	M: 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	W	-
	Yogurt	4 oz Scoop	75	15	-	-
	Juice	1 Cup	100	25	-	-
<b>Lunch</b>	Chicken Patty	1 Patty	200	12	M,E,D,W,S	E,D,W: Mediterrian Bowl
	Mayo	1 Packet	94	4	E	
	Hamburger Bun	1 Bun	140	26	W	M: Mediterrian Bowl
	Tater Tots	4 oz Scoop	207	19	-	-
	Ranch Dressing	2 oz	129	2	D,E,W	-
	Salad Mix	3 oz Scoop	50	3	-	-
	Juice	1 Cup	100	25	-	-
	Whole Fruit	1 Fruit	100	16	-	-
<b>Dinner</b>	Tortilla	1 Tortilla	110	31	W	W: Corn Tortillas
	Taco Meat	4 oz Scoop	300	4	M	M: Chorizo Crumle with Beans
	Spanish Rice	4 oz Scoop	80	21	M	M: White Rice
	Shredded Cheese	2 oz Scoop	110	1	D	D: Extra Meat
	Shredded Lettuce	2 oz Scoop	2	0	-	-
	Salsa	1 oz Scoop	15	2	-	-
	Milk 1%	1 Carton	100	12	D	D: Oat Milk
	Sour Cream	1 Packet	60	1	D	D: Extra Salsa
	Apple Crisp	1 Piece	250	29	-	-

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<b>Wednesday (3379-3599)</b>		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
<b>Breakfast</b>	English Muffin	1 Muffin	130	25	W,D,S	W: extra sausage or egg patty D: Pancakes instead of muffin and cheese. Almond Milk. S: Pancake instead of muffin M: Extra egg, extra cheese
	Sausage Patty	1 Patty	180	1	M, P	
	Egg Patty	1 Patty	110	1	E	
	Sliced Cheese	1 Slice	70	1	D,S	
	Hashbrown	1 Patty	120	15	-	
	Milk 1%	1 Carton	100	12	D	
	Cereal	1 Cup	150	28	-	
	Cereal	1 Cup	150	28	W	
	Orange Juice	8 oz	100	25	-	
	Cut Fruit	4 oz Scoop	100	16	-	
<b>Lunch</b>	Corn Dog	1 or 2 Corndog	220-440	25	M,E,D,W,S	M: Veggie Corn Dog D,W: Poatao Salad & Hot Dog E: Hot Dog & Chips
	Macaroni and Cheese	4 oz Scoop	310	26	M,E,D,W,S	
	Salad Mix	3 oz Scoop	50	3	-	
	Ranch Dressing	2 oz	129	2	D,E,W	
	Juice	1 Cup	100	25	-	
	Whole Fruit	1 Fruit	100	16	-	
<b>Dinner</b>	Hamburger Bun	1 Bun	140	26	W	W: GF Bun
	Hamburger Patties	2 Patties	540	0	M	M: Black Bean Burger
	Cheese Slice	1 Slice	70	1	D,S	-
	Potato Chips	1 Bag	160	15	-	-
	Watermelon Slice	1 Slice	0	0	-	-
	Milk 1%	1 Carton	100	12	D	Oat Milk
	Cookie	1 Cookie	250	36	E,D,W,S	TBD

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<b>Thursday</b> (3482)		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
<b>Breakfast</b>	Biscuits	2 Biscuits	400	54	W,D	Specialty Biscuits
	Sausage Gravy	6 oz Scoop	150	12	M,W,D	Specialty Gravy
	Sausage Bits	2 oz Scoop	192	1.4	W	Specialty Sausage Bits
	Cut Fruit	4 oz Scoop	100	16	-	-
	Milk 1%	1 Carton	100	16	D	D: Oat Milk
	Cereal	1 Cup	150	28	-	-
	Juice	1 Cup	100	25	-	-
	Syrup	1 oz	110	29	-	-
<b>Lunch</b>	Hamburger Bun	1 Bun	140	26	W	W: Gluten Free Bun
	Sloppy Joe Meat	4 oz Scoop	192	6	M	M; Veggie Joe
	Cheese Slice	1 Slice	70	1	D,S	D,S: More Meat
	Tater Tots	4 oz Scoop	207	19	-	-
	Juice	8 oz	100	25	-	-
	Salad Mix	3 oz Scoop	50	3	-	-
	Ranch Dressing	2 oz	129	2	D,E	-
	Fruit	1 Fruit	100	16	-	-
<b>Dinner</b>	Tortellini	6 oz Scoop	380	76	W,D,E	W,D,S,E: GF Pasta with Red Meat Sauce
	Alfredo	2.5 oz Scoop	100	6	W,D,S	W,D,S,E: GF Pasta with Red Meat Sauce
	Breadstick	1 Breadstick	160	20	W,D,S	W,D,S,E: GF Pasta with Red Meat Sauce
	Green Beans	2 oz Scoop	23	-	-	-
	Salad Mix	3 oz Scoop	50	3	-	-
	Ranch Dressing	2 oz	129	2	D,E	-
	Milk 1%	1 Carton	100	12	D	D: Oat Milk
	Apple Crisp	4 oz Scoop	250	-	-	-

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<b>Friday</b> (3391)		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
<b>Breakfast</b>	Tortilla	1 Tortilla	110	31	W	Chorizo Crumble
	Scrambled Eggs	4 oz Scoop	186	0	E	E: Extra Meat
	Shredded Cheese	2 oz Scoop	110	1	D	D: Extra Potato
	Sausage Bits	2 oz Scoop	192	1.4	M	M: Veg Sausage Crumble
	Diced Potato	4 oz Scoop	133	18	-	-
	Milk 1%	1 Carton	100	12	D	Oat Milk
	Cereal	1 Cup	100	Var.	W	-
	Salsa	1 oz Scoop	10	3	-	-
	Yogurt	4 oz Scoop	75	15	-	-
	Cut Fruit	4 oz scoop	100	16	-	-
	Juice	1 Cup	100	25	-	-
<b>Lunch</b>	Hoagie Bun	1 Bun	190	42	W	W: Gluten Free Bun & Pork
	Pulled Pork	4 oz Scoop	226	0	M,W	M: Mexican Grain Bowl
	Steak Cut Fries	4 oz Scoop	213	18	W	W: Seasoned Potatoes
	Salad Mix	3 oz Scoop	50	3	-	-
	Ranch Dressing	2 oz	129	2	D,E	
	Juice	8 oz	100	25	-	-
	BBQ Sauce	1 oz	80	21	-	-
	Whole Fruit	1 Fruit	100	16	-	-
<b>Dinner</b>	Pot Roast	6 oz Scoop	336	0	M	M: Stuffed Peppers
	Mashed Potatoes	4 oz Scoop	180	20	D	D: DF Mashed Potatoes
	Glazed Carrots	4 oz Serving	142	11	-	-
	Salad Mix	3 oz Scoop	50	3	-	-
	Ranch Dressing	2 oz	129	2	D,E	
	Milk 1%	8 oz	100	12	D	D: Oat Milk
	Brownie	1 Peice	150	29	E,D,W,S	Specialty Dessert

<b>Saturday</b> (495)		<b>Quantity</b>	<b>Cal.</b>	<b>Carbs</b>	<b>Contains</b>	<b>Dietary Substitutions</b>
<b>Breakfast</b>	Yogurt	1 Packet	180	38	D	DF Yogurt
	Pop Tart	1 Pouch	320	32	W, S	GF/DF Muffin
	Apple	1 Apple	95	25	-	-

M = Meat | P = Pork | W = Wheat | D = Dairy | E = Egg | S = Soy

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## Condiments

This is the condiment table where all the available condiments are, and when they'll be available.

	Quantity	Cal.	Carbs	Contains	When Available
Syrup	1 oz	100	26	-	Breakfast
Ketchup	1 Tbsp	20	5	-	All Meals
Mustard	1 Tbsp	0	0	-	Lunch, Dinner
Hot Sauce	1 oz	0	0	-	All Meals
Ranch	2 oz	129	2	D,E,W	Lunch, Dinner
Peanut Butter	2 Tbsp	190	8	N	All Meals
Jelly	1 Tbsp	20	6	-	All Meals
Salt	1/4 Tbsp	0	0	-	All Meals
Pepper	1/4 Tbsp	0	0	-	All Meals

## Yogurt / Salad Bar

A list of items available in the yogurt / salad bar, during the meals. Yogurt bar items are only available during breakfast, and salab bar items are available during lunch and dinner.

	Quantity	Cal.	Carbs	Contains	When Available
Yogurt	6 oz Scoop	100	20	D	Breakfast
Granola	1 oz Scoop	120	18	-	Breakfast
Berries	1 oz Scoop	10	3	-	Breakfast
Salad Mix	3 oz Scoop	20	3	-	Lunch, Dinner
Cottage Cheese	4 oz Scoop	110	3	D	Lunch, Dinner
Shredded Cheese	1 oz Scoop	110	0	D	Lunch, Dinner
Crutons	1 oz Scoop	30	5	W,D	Lunch, Dinner
Onions	1 oz Scoop	15	2	-	Lunch, Dinner
Cucumbers	1 oz Scoop	5	1	-	Lunch, Dinner
Broccoli	2 oz Scoop	30	5	-	Lunch, Dinner
Baby Carrots	2 oz Scoop	24	6	-	Lunch, Dinner