

Tomahawk Menu 2025

Last Updated: 5/9/2025

As an important note to those who have inquired about our menu this summer at Camp Tomahawk. Our process this year will be similar in that we will 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 has a severe allergy to trace amounts of any of these items, you may want 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. [?]

[?]

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. [?]

[?]

Monday (3004)		Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Breakfast	French Toast Sticks	4 sticks	330	38	W,S	Eggs.
	Turkey Patty	2 patties	180	0	M	Chorizo Crumble
	Diced Potatoes	4 oz Scoop	213	18	-	-
	Cut Fruit	4 oz scoop	100	16	-	-
	Syrup	1 Packet	110	29	-	-
	Milk 1%	8 oz	100	12	D	Oat Milk
	Cereal	1 cup	150	28	-	-
	Juice	8 oz	100	25	-	-
Lunch	All Beef Hot Dog	1 Hotdog	230	2	M	Veg 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	-	-
Dinner	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
	Milk 1%	8 oz	100	12	D	Oat Milk
	Brownie	1 Piece	140	14	E,D,W,S	Specialty Dessert

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Tuesday (2991)		Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Breakfast	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	
	Egg Patty	1 patty	110	1	E	
	Sliced Cheese	1 Slice	70	1	D,S	
	HashBrown	1 patty	120	15	-	
	Milk 1%	8 oz	100	12	D	
	Cereal	1 cup	150	28	-	
	Orange Juice	8 oz	100	25	-	
	Cut Fruit	4 oz Scoop	100	16	-	
Lunch	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 Chicken 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	-	-
Dinner	Tortilla	1 Tortilla	110	31	W	W: Corn Tortillas
	Taco Meat	4 oz Scoop	300	4	M	M: Seasoned Black Beans
	Spanish Rice	4 oz Scoop	80	21	M	M:White Rice
	Shredded Cheese	2 oz Scoop	110	1	D	D: Extra Meat
	Milk 1%	8 oz	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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Wednesday (3049)		Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Breakfast	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	213	18	-	-
	Milk 1%	8 oz	100	12	D	D: Oat Milk
	Cereal	1 cup	150	28	-	-
	Juice	8 oz	100	25	-	-
	Fruit	4 oz Scoop	100	16	-	-
Lunch	Corn Dog	1 Corndog	220	25	M,E,D,W,S	
	Macaroni and Cheese	4 oz Scoop	310	26	M,E,D,W,S	M: Veggie Corn Dog
	Broccoli	4 oz Scoop	40	8	-	D,W: Poatao Salad & Hot Dog
	Juice	8 oz	100	25	-	E: Hot Dog & Chips
	Whole Fruit	1 Fruit	100	16	-	
Dinner	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	-	-
	Baked Beans	4 oz Scoop	176	25	-	-
	Milk 1%	8 oz	100	12	D	Oat Milk
	Cookie	1 Cookie	250	36	E,D,W,S	TBD

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Thursday (2962)		Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Breakfast	Pancakes	2 Pancakes	151	29	E,D,W,S	Alternate Pancakes
	Sausage Links	2 Links	170	0	M	M: Veg Sausage Crumble
	Hashbrown	1 Patty	120	15	-	-
	Cut Fruit	4 oz Scoop	100	16	-	-
	Milk 1%	8oz	100	16	D	D: Oat Milk
	Cereal	1 cup	150	28	-	-
	Juice	8oz	100	25	-	-
	Syrup		110	29	-	-
Lunch	Hamburger Bun	1 Bun	140	26	W	W: Gluten Free Bun
	Sloppy Joe Meat	3 oz Scoop	160	4	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	-	-
	Baby Carrots	4 oz Scoop	45	10	-	-
	Ranch Dressing	2 tbs	129	2	D,E,W	-
	Fruit	1 Fruit	100	16	-	-
Dinner	Tortellini	4 oz Scoop	380	76	W,D,E	W,D,S,M,E: Pasta Fagioli
	Alfredo	4 oz Scoop	70	10	W,D,S	W,D,S,M,E: Pasta Fagioli
	Garlic Bread	5 Meatballs	160	5	W,D,S,M	W,D,S,M,E: Pasta Fagioli
	Green Beans	2 oz Scoop	23	5	-	-
	Milk 1%	8oz	100	12	D	D: Oat Milk
	Apple Crisp	4 oz Scoop	-	-	-	-

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Friday (3108)		Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Breakfast	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	213	18	-	-
	Milk 1%	8 oz	100	12	D	D: Oat Milk
	Cereal	1 cup	150	28	-	-
	Juice	8 oz	100	25	-	-
	Fruit	4 oz Scoop	100	16	-	-
Lunch	Hoagie Bun	1 Bun	190	42	W	W: Gluten Free Bun & 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
	Broccoli	4 oz Scoop	40	8	-	-
	Juice	8 oz	100	25	-	-
	BBQ Sauce		80	21	-	-
	Whole Fruit	1 Fruit	100	16	-	-
Dinner	Pot Roast		336		M	M: Curry and Rice
	Mashed Potatoes	4 oz Scoop	180	20	D	D: Curry and Rice
	Glazed Carrots	4 oz Serving	142	11	-	-
	Milk 1%	8 oz	100	12	D	D: Oat Milk
	Brownie	1 Peice	140	36	E,D,W,S	Specialty Dessert

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Saturday (495)

Breakfast

	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Yogurt	2 Packets	180	38	D	DF Yogurt
Pop Tart	1 Roll	320	32	W, S	GF/DF Muffin
Apple	1 Apple	95	25	-	-

Sunday (991)

Dinner

	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Hoagie Bun	1 Bun	250	42	W	W: GF Bun
Turkey Slice	2 slices	67	1	M	M: Tofu
Ham Slice	2 slices	67	1	M	M: Tofu
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