

# Lake of the Ozarks Scout Reservation

## 2026 Menu

The Lake of the Ozarks Scout Reservation summer camp menu with ingredients and nutritional information has been provided directly from our ordered food items. It is meant to guide and create awareness of allergens and nutritional facts for our campers.

Please be aware that the menu items with ingredients and nutritional information may vary from those given herein because of food availability from our supplier. We will make every effort to inform you of those substitutions.



# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Dinner – Sunday (Camp wide)

Penne Pasta	Spaghetti Sauce	Ground Beef	Breadstick	Lettuce	Ranch Dressing	Cookies - Sugar
<p>Ingredients: Semolina (wheat), Niacin, Ferrrous Sulfate (iron), Thiamin Mononitrate, Riboflavin, Folic Acid. contains: Wheat.</p> <p>Contains: Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Concentrated Crushed Tomatoes, Sugar, Salt, Soybean Oil, Dextrose, Olive Oil, Garlic Powder, Onion Powder, Dehydrated Onions, Citric Acid, Spice, Natural Flavorings</p> <p>Free From: NA Organic claims: NA Attributes: Coeliac, Kosher</p>	<p>Beef Ground Fine 81% Lean Choice Angus Chuck Bulk Chubs</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Breadstick: Water, Whole Wheat Flour, Enriched Wheat Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Contains 2% Or Less Of: Yeast, Salt, Potassium Chloride, Corn Protein, Ascorbic Acid Added As A Dough Conditioner, Microbial Enzymes. Spread: Vegetable Oil Blend (soybean, Palm), Water, Crushed Garlic, Dried Garlic, Salt, Contains 2% Or Less Of: Natural Flavors, Monoglycerides, Buttermilk, Whey, Spice, Onion Powder, Sunflower Lecithin, Natural Garlic Flavor, Lactic Acid, Beta-carotene (color).</p> <p>Contains: Milk, Wheat May Contain: Eggs, Soy Free From: Eggs, Peanuts, Sesame seeds, Soy, Tree Nuts Organic claims: NA Attributes: NA</p>	<p>Ingredients: Lettuce.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Cultured Lowfat Buttermilk, Soybean Oil, Water, Egg Yolks, Distilled Vinegar, Sugar, Contains Less Than 2% Of Salt, Monosodium Glutamate, Phosphoric Acid, Garlic*, Onion*, Sodium Benzoate And Potassium Sorbate (as Preservatives), Xanthan Gum, Parsley*, Spices, Lactic Acid, Citric Acid, Autolyzed Yeast Extract, Calcium Disodium Edta Added To Protect Flavor. *dehydrated</p> <p>Contains: Milk, Egg Free from: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Margarine (palm Oil, Water, Salt, Mono- And Diglycerides, Soy Lecithin, Sodium Benzoate [preservative], Artificial Flavor, Beta-carotene [color], Vitamin A Palmitate), Wheat Flour, Shortening (palm Oil), Water, Contains Less Than 2% Of Baking Soda, Eggs, Natural And Artificial Flavors (milk), Salt. manufactured On Equipment That Also Processes Products Containing Peanuts/tree Nuts.</p> <p>Contains: Eggs, Milk, Soy, Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>

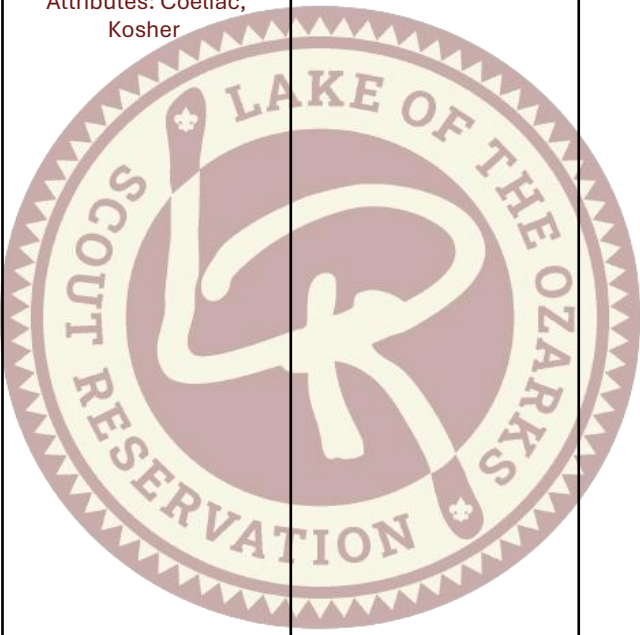


# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Breakfast - Monday

Orange Drink Mix	Milk – 2%	Bacon	Wheat Bread	Eggs Liquid	Cereal – Frosted Flakes
<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid (vitamin C), Natural Flavor, Yellow 6, Maltodextrin, Titanium Dioxide, Gum Arabic, Yellow 6 Lake.</p> <p>Free From: NA Organic claims: NA Attributes: Coeliac, Kosher</p>	<p>Ingredients: Milk See carton for more information</p>	<p>Ingredients: Pork Cured With Water, Salt, Sugar, Sodium Phosphate, Smoked Sugar, Sodium Erythorbate, Sodium Nitrite.</p> <p>Contains: NA Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Unbleached Enriched Flour (wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Wheat bran, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Contains 2% Or less Of The Following: Soybean Oil, Salt, Wheat Gluten, Calcium Propionate (preservative), Potassium Sorbate (preservative), Caramel Color, Wheat starch, Enzymes, Ascorbic Acid.</p> <p>contains: Wheat</p> <p>Contains: Wheat May Contain: Sesame seeds</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Whole Eggs, Whey, Skim Milk, Citric Acid, 0.12% Water Added As Carrier For Citric Acid, Xanthan Gum. Citric Acid Added To Preserve Color.</p> <p>contains: Egg, Milk.</p> <p>Contains: Eggs, Milk Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Degermed Yellow Corn Meal, Sugar, Contains 2% Or Less Of: Salt, Barley Malt Extract, Vitamin C (sodium Ascorbate, Ascorbic Acid), Iron (ferrous Fumarate), Vitamin A (palmitate), Niacinamide, Vitamin B1 (thiamine Mononitrate), Vitamin B6 (pyridoxine Hydrochloride), Vitamin B2 (riboflavin), Vitamin D (cholecalciferol), Vitamin B12 (cyanocobalamin), Folic Acid/bht Added To Packaging To Help Preserve Freshness</p> <p>Contains A Bioengineered Food Ingredient</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Molluscs, Peanuts, Sesame seeds, Shellfish, Soy, Tree Nuts, Wheat Organic claims: NA Attributes: Kosher</p>

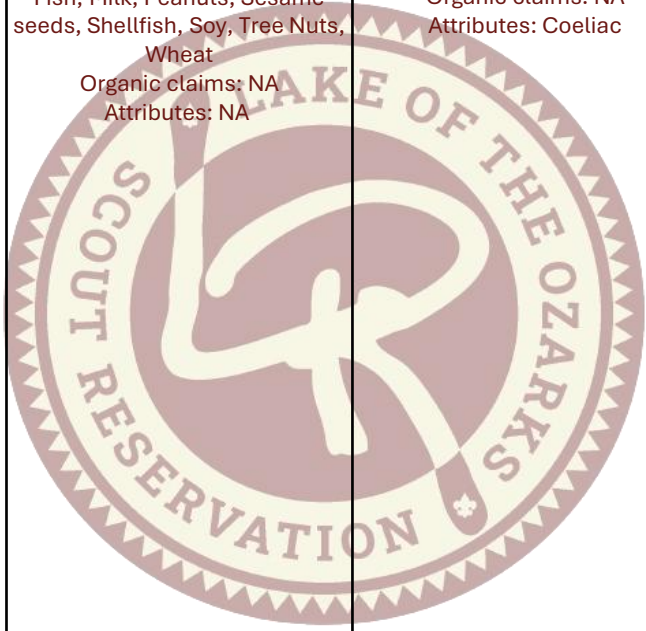


# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Lunch – Monday

Turkey Ham	Cheese	Lettuce	Tomatoes	Apple
<p>Ingredients: Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Sesame seeds, Shellfish, Soy, Tree Nuts, Wheat</p> <p>Organic claims: NA</p> <p>Attributes: NA</p>	<p>Ingredients: Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (preservative), Citric Acid, Enzymes, Soy Lecithin, Apo Carotenal And Beta Carotene (color). contains: Milk, Soy</p> <p>Contains: Milk, Soy</p> <p>Free From: NA</p> <p>Organic claims: NA</p> <p>Attributes: Coeliac</p>	<p>Ingredients: Lettuce.</p> <p>Free From: NA</p> <p>Organic claims: NA</p> <p>Attributes: NA</p>	<p>Ingredients: Tomatoes.</p> <p>Free From: NA</p> <p>Organic claims: NA</p> <p>Attributes: NA</p>	<p>Ingredients: Apples.</p> <p>Free From: NA</p> <p>Organic claims: NA</p> <p>Attributes: NA</p>



# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Lunch cont'd - Monday

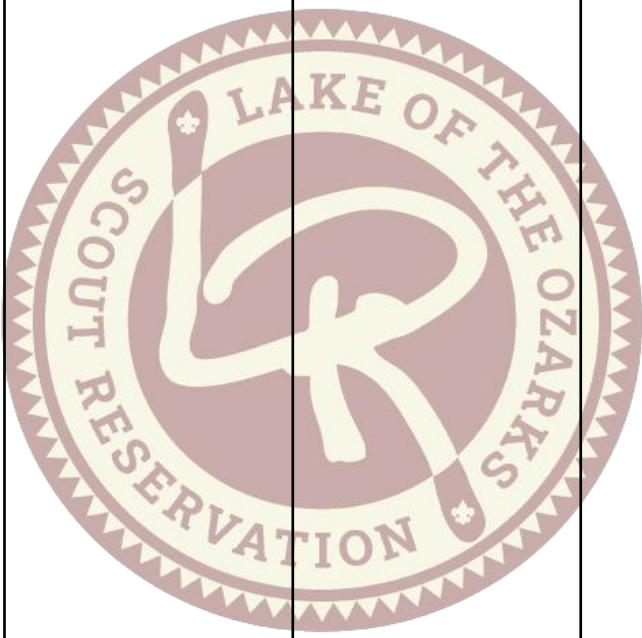
Hoagie Bun	Cookies – Chocolate Chip	Chips - Variety	Drink Mix – Fruit Punch
<p>Ingredients: Unbleached Enriched Flour (wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, wheat Gluten, Contains 2% Or Less Of The Following: Cornmeal, Salt, High fructose Corn Syrup, Soybean Oil, Calcium Propionate (preservative), wheat Starch, Potassium Sorbate (preservative), Enzymes, Ascorbic Acid. allergens: Contains Wheat. manufactured In A Plant That Handles Sesame. made With Be Ingredients</p> <p>Contains: Crustaceans, Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts</p> <p>May contain: Sesame seeds</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts</p> <p>Organic claims: NA</p> <p>Attributes: Kosher</p>	<p>Ingredients: Sugar, Chocolate Chips (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Natural Flavor, Milk), Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Shortening (palm Oil), Water, Margarine (palm Oil, Water, Salt, Mono- And Diglycerides, Soy Lecithin, Sodium Benzoate [preservative], Artificial Flavor, Beta-carotene [color], Vitamin A Palmitate), Contains Less Than 2% Of Baking Soda, Eggs, Molasses, Natural Flavors (milk), Salt, Whey Protein Concentrate, White Chocolate Flavored Powder (sugar, Creamer [coconut Oil, Corn Syrup Solids, Sodium Caseinate {milk}, Sugar, Tricalcium Phosphate, Dipotassium Phosphate, Propylene Glycol Esters Of Fatty Acids, Mono- And Diglycerides, Salt, Artificial Flavor], Maltodextrin, Natural And Artificial Flavor, Guar Gum, Xanthan Gum). contains: Wheat, Eggs, Milk, Soy. manufactured In A Facility That Processes Products Containing Peanuts And Tree Nuts.</p> <p>Contains: Eggs, Milk, Soy, Wheat</p> <p>Free From: NA</p> <p>Organic claims: NA</p> <p>Attributes: Kosher</p>	<p>Nutrition facts not available. Please see individual bagged chip bags for ingredients.</p>	<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid, (vitamin C), Natural And Artificial Flavor, Red 40, Maltodextrin, Titanium Dioxide, Gum Arabic, Red 40 Lake, Blue 1.</p> <p>Free From: NA</p> <p>Organic claims: NA</p> <p>Attributes: Coeliac, Kosher</p>

# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Dinner - Monday

Chicken Breast Breaded	Potatoes	Green Beans	Pears	Pudding - Vanilla	Drink Mix - Lemonade
<p>Ingredients: Ingredients not available</p>	<p>Ingredients: Russet Potato</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Green Beans, Water, Salt, And Zinc Chloride</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Peaches, Water, Pear Juice From Concentrate</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Skim Milk, Water, Sugar, Modified Cornstarch, Contains Less Than 2% Of Canola Oil, Artificial Flavor, Salt, Sodium Stearoyl Lactylate (for Smooth Texture), Sodium Phosphate, Xanthan Gum, Artificial Color, Yellow 5, Yellow 6.</p> <p>Contains: Milk Free From: NA Organic claims: Not organic Attributes: Kosher</p>	<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid (vitamin C), Natural Flavor, Maltodextrin, Titanium Dioxide, Gum Arabic, Yellow 5 Lake, Yellow 6 Lake.</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>



# Lake of the Ozarks Scout Reservation

## 2026 Menu

<b>Breakfast - Tuesday</b>			
Orange Drink Mix	Eggs	Bacon	Potato Hashbrown Patty
<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid (vitamin C), Natural Flavor, Yellow 6, Maltodextrin, Titanium Dioxide, Gum Arabic, Yellow 6 Lake.</p> <p>Free From: NA Organic claims: NA Attributes: Coeliac, Kosher</p>	<p>Ingredients: Eggs.</p> <p>Contains: Eggs Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Pork Cured With Water, Salt, Sugar, Sodium Phosphate, Smoked Sugar, Sodium Erythorbate, Sodium Nitrite.</p> <p>Contains: NA Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Potatoes, Vegetable Oil (contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% Or Less Of Dehydrated Onion, Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Color.</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat Organic claims: NA Attributes: Halal</p>



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## 2026 Menu

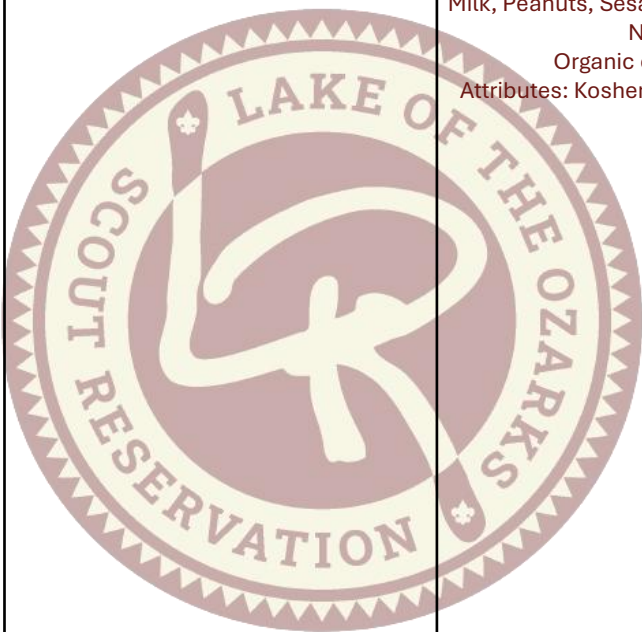
Lunch - Tuesday					
Chicken Tenders	White Rice	Carrots	Oranges	Pudding - Chocolate	Drink Mix – Fruit Punch
<p>Ingredients: Chicken Breast Tenderloins Containing: Up To 12% Of A Solution Of Water, Sodium Phosphates, Salt.breaded With: Wheat Flour, Bleached Wheat Flour, Water, Yellow Corn Flour, Salt, Contains 2% Or Less Of The Following: Corn Starch, Dextrose, Dried Garlic, Extractives Of Paprika, Leavening (sodium Bicarbonate, Sodium Aluminum Phosphate), Leavening (sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Spices, Wheat Gluten. Breading Set In Vegetable Oil.</p> <p>Contains: Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Long Grain Rice Enriched With Iron (ferric Orthophosphate), Niacin, Thiamin (thiamin Mononitrate) And Folic Acid.</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Carrots</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Oranges</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Dextrose, Sugar, Modified Food Starch, Cocoa Processed With Alkali, Less Than 2% Disodium Phosphate, Tetrasodium Pyrophosphate, Salt, Tricalcium Phosphate, Caramel Color, Natural And Artificial Flavor, Silicon Dioxide, Nonfat Dry Milk, Mono And Diglycerides, Red 40. contains Milk.</p> <p>Contains: Milk Free From: NA Organic claims: Not organic Attributes: Kosher</p>	<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid, (vitamin C), Natural And Artificial Flavor, Red 40, Maltodextrin, Titanium Dioxide, Gum Arabic, Red 40 Lake, Blue 1.</p> <p>Free From: NA Organic claims: NA Attributes: Coeliac, Kosher</p>

# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Dinner - Tuesday

Ground Beef	Taco Seasoning	Flour Tortillas	Shredded Lettuce
<p>Ingredients: Beef</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Spices (including Paprika, Chili Pepper), Onion, Salt, Garlic, Potato Flour, Enriched Wheat Flour (flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cocoa Powder Processed With Alkali, Corn Syrup Solids, Citric Acid &amp; Natural Flavor.</p> <p>Contains: Wheat</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Sesame seeds, Soy, Tree Nuts</p> <p>Organic claims: NA Attributes: Kosher, Vegan, Vegetarian</p>	<p>Ingredients: Enriched Unbleached Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Vegetable Shortening (contains One Or More Of The Following: Palm Oil And/or Olive Oil), Contains 2% Or Less Of The Following: Salt, Aluminum Free Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Wheat Protein, Preservatives (calcium Propionate, Sorbic Acid), Dough Conditioner (fumaric Acid, Xanthan Gum, Mono- And Diglycerides, Sodium Metabisulphite)</p> <p>Contains: Wheat</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Soy, Tree Nuts</p> <p>Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Lettuce</p> <p>Free From: Crustaceans Organic claims: NA Attributes: Coeliac, Kosher</p>



# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Dinner cont'd - Tuesday

Tomatoes	Shredded Cheese	Taco Sauce	Corn Cob Petite	Drink Mix – Lemonade
<p>Ingredients: Tomatoes</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Colby Cheese (cultured Pasteurized Milk, Salt, Enzymes , Color Added), Low Moisture Part Skim Mozzarella Cheese (cultured Pasteurized Part Skim Milk, Salt, Enzymes), Monterey Jack Cheese (cultured Pasteurized Milk, Salt, Enzymes), Provolone Cheese (cultured Pasteurized Milk, Salt, Enzymes), Imitation Mozzarella Cheese (water, Palm Oil, Casein {milk} , Modified Food Starch, Salt, Whey, Food Starch, Sodium Aluminum Phosphate, Sodium Phosphate, Lactic Acid, Natural Flavor, Sorbic Acid {as A Preservative} , Artificial Color), Potato Starch, Corn Starch And Powdered Cellulose (to Prevent Caking), Natamycin (a Natural Mold Inhibitor).</p> <p>Contains: Milk Free from: NA Organic claims: NA Attributes: Coeliac, Gluten-Free</p>	<p>Ingredients: Water, Tomato Paste, Distilled Vinegar, Corn Syrup, Modified Food Starch, Salt, Spices Including Paprika, Citric Acid, Potassium Sorbate And Sodium Benzoate As Preservatives.</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Corn</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid (vitamin C), Natural Flavor, Maltodextrin, Titanium Dioxide, Gum Arabic, Yellow 5 Lake, Yellow 6 Lake.</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>

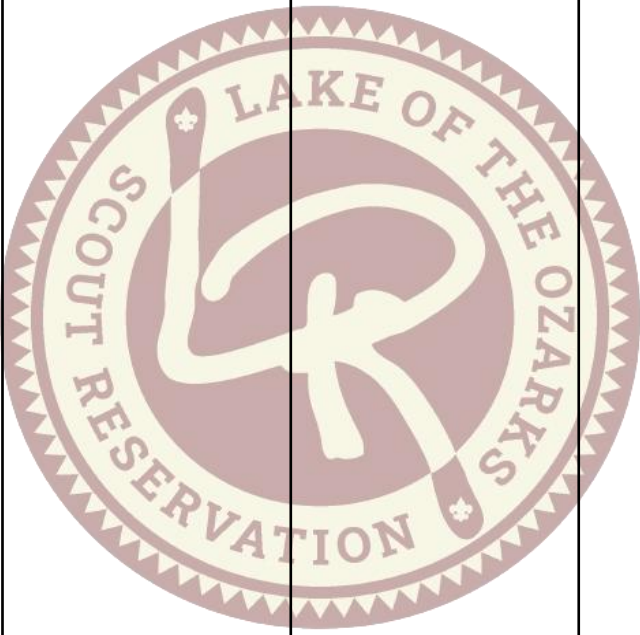


# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Breakfast - Wednesday

Orange Drink Mix	Milk – 2%	Sausage	Pancake Mix	Syrup	Cereal Cocoa Munchees
<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid (vitamin C), Natural Flavor, Yellow 6, Maltodextrin, Titanium Dioxide, Gum Arabic, Yellow 6 Lake.</p> <p>Free From: NA Organic claims: NA Attributes: Coeliac, Kosher</p> <p>Attributes: Kosher</p>	<p>Nutrition facts not available. Please see carton for ingredients.</p>	<p>Ingredients: Pork, Water, Contains 2% Or Less: Salt, Sugar, Spices, Chili Pepper, Flavoring, Smoke Flavor.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Enriched Bleached Flour (wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Sugar, Dextrose, Defatted Soy Flour, Soybean Oil, Less Than 2% Of: Baking Soda, Buttermilk, Monocalcium Phosphate, Natural And Artificial Flavors (contains Milk Derivatives), Salt, Sodium Acid Pyrophosphate, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake. contains: Wheat, Soy, Milk.</p> <p>Contains: Milk, Soy, Wheat May Contain: Eggs Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Corn Syrup, Water, Sugar. Contains 2% Or Less Of: Salt, Natural Flavor, Sodium Hexametaphosphate, Sodium Benzoate And Sorbic Acid (preservatives), Caramel Color, Phosphoric Acid, Mono- And Diglycerides.</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Sugar, Degermed Yellow Corn Meal, Yellow Corn Flour, Cocoa (processed With Alkali), Corn Syrup, Modified Corn Starch, Corn Starch, Contains 2% Or Less Of Each Of The Following: Salt, Artificial Flavor, Calcium Carbonate, Caramel (color), Dicalcium Phosphate, Vitamin C (sodium Ascorbate, Ascorbic Acid), Baking Soda, Iron (ferrous Fumarate), Trisodium Phosphate, Canola Oil, Vitamin A (palmitate), Niacinamide, Zinc (zinc Oxide), Vitamin B1 (thiamine Mononitrate), Vitamin B6 (pyridoxine Hydrochloride), Vitamin D (cholecalciferol), Vitamin B2 (riboflavin), Folic Acid, Vitamin B12 (cyanocobalamin)bht</p> <p>Contains: Wheat Free From: Crustaceans, Eggs, Fish, Milk, Molluscs, Peanuts, Sesame seeds, Shellfish, Soy, Tree Nuts, Wheat Organic claims: NA Attributes: Kosher</p>



# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Lunch - Wednesday

Wheat Bread	Turkey Ham	Cheese	Lettuce
<p>Ingredients: Unbleached Enriched Flour (wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Wheat bran, High Fructose Corn Syrup, Yeast, Whole Wheat Flour, Contains 2% Or less Of The Following: Soybean Oil, Salt, Wheat Gluten, Calcium Propionate (preservative), Potassium Sorbate (preservative), Caramel Color, Wheat starch, Enzymes, Ascorbic Acid.</p> <p>contains: Wheat</p> <p>Contains: Wheat</p> <p>May Contain: Sesame seeds</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts</p> <p>Organic claims: NA</p> <p>Attributes: Kosher</p>	<p>Ingredients: Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Sesame seeds, Shellfish, Soy, Tree Nuts, Wheat</p> <p>Organic claims: NA</p> <p>Attributes: NA</p>	<p>Ingredients: Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (preservative), Citric Acid, Enzymes, Soy Lecithin, Apo Carotenal And Beta Carotene (color). contains: Milk, Soy</p> <p>Contains: Milk, Soy</p> <p>Free From: NA</p> <p>Organic claims: NA</p> <p>Attributes: Coeliac</p>	<p>Ingredients: Lettuce</p> <p>Free From: NA</p> <p>Organic claims: NA</p> <p>Attributes: NA</p>



# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Lunch cont'd - Wednesday

Tomatoes	Cookies - Sugar	Chips - Variety	Apple	Drink Mix – Fruit Punch
<p>Ingredients: Tomatoes</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Margarine (palm Oil, Water, Salt, Mono- And Diglycerides, Soy Lecithin, Sodium Benzoate [preservative], Artificial Flavor, Beta-carotene [color], Vitamin A Palmitate), Wheat Flour, Shortening (palm Oil), Water, Contains Less Than 2% Of Baking Soda, Eggs, Natural And Artificial Flavors (milk), Salt. manufactured On Equipment That Also Processes Products Containing Peanuts/tree Nuts.</p> <p>Contains: Eggs, Milk, Soy, Wheat</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Nutrition facts not available. Please see individual bagged chip bags for ingredients.</p>	<p>Ingredients: Apple</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid, (vitamin C), Natural And Artificial Flavor, Red 40, Maltodextrin, Titanium Dioxide, Gum Arabic, Red 40 Lake, Blue 1.</p> <p>Free From: NA Organic claims: NA Attributes: Coeliac, Kosher</p>



# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Dinner - Wednesday

Boneless Riplets	Macaroni Cheese	Broccoli	Cheese	Cookies - Snickerdoodle	Pear
<p>Ingredients: Ground Pork (not More Than 24% Fat), Barbeque Sauce [tomato Ketchup (tomato Concentrate, Corn Syrup, Distilled Vinegar, Salt, Natural Flavorings, Onion Powder, Spice, Garlic Powder), Brown Sugar, Sugar, Mustard (distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Garlic Powder), Dextrose, Vinegar, Clove], Water, Textured Vegetable Protein Product [soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (b1), Pyridoxine Hydrochloride (b6), Riboflavin (b2), Cyanocobalamin (b12)], Smoke Flavor, Salt, Modified Food Starch, Sodium Phosphate.</p> <p>Contains: Soy Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Semolina (wheat), Durum Wheat Flour, Vitamin B3 (niacin), Iron (ferrous Sulfate), Vitamin B1 (thiamine Mononitrate), Vitamin B2 (riboflavin), Folic Acid.</p> <p>Contains: Wheat May Contain: Eggs Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Broccoli</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Food Starch-modified, Whey, Maltodextrin, Cheddar Cheese (pasteurized Milk, Cheese Cultures, Salt, Enzymes), Salt, Palm Oil, Buttermilk, contains Less Than 2%: Aged Cheddar Cheese (milk, Cheese Cultures, Salt, Enzymes), Paprika Extract, Lactic Acid, Whey Protein Concentrate, Natural Flavors, Yeast Extract, Mono &amp; Diglycerides, Corn Syrup Solids, Sodium Phosphate, Sodium Caseinate, Fd&amp;c Yellow #6, Fd&amp;c Yellow #5, Disodium Guanylate, Disodium Inosinate.</p> <p>Contains: Milk Free From: NA Organic claims: NA Attributes: Coeliac</p>	<p>Ingredients: Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Butter (cream, Natural Flavoring), Margarine (palm Oil, Water, Salt, Mono- And Diglycerides, Soy Lecithin, Sodium Benzoate [preservative], Artificial Flavor, Beta-carotene [color], Vitamin A Palmitate), Water, Wheat Flour, Contains Less Than 2% Of Baking Soda, Canola Oil, Cream Of Tartar, Eggs, Salt, Spice, Whey Protein Concentrate.</p> <p>contains: Wheat, Eggs, Milk, And Soy. manufactured In A Facility That Processes Products Containing Peanuts And Tree Nuts.</p> <p>Contains: Eggs, Milk, Soy, Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Pear</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>

# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Breakfast - Thursday

Orange Drink Mix	Cereal Rice Crisp	Eggs	Bacon	Milk - 2%
<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid (vitamin C), Natural Flavor, Yellow 6, Maltodextrin, Titanium Dioxide, Gum Arabic, Yellow 6 Lake.</p> <p>Contains: NA Free From: NA Organic claims: NA Attributes: Coeliac, Kosher</p>	<p>Ingredients: Rice, Sugar. Contains 2% Or Less Of Each Of The Following: Barley Malt Extract, Stl, Vitamin C (sodium Ascorbate), Iron (ferric Orthophosphate), Vitamin A (palmitate), Niacinamide, Mixed Tocopherols (to Preserve Freshness), Zinc (zinc Oxide), Vitamin B1 (thiamine Mononitrate), Vitamin B6 (pyridoxine Hydrochloride), Vitamin D (cholecalciferol), Vitamin B2 (riboflavin), Folic Acid, Vitamin B12 (cyanocobalamin).</p> <p>Contains: NA Free From: Crustaceans, Eggs, Fish, Milk, Molluscs, Peanuts, Sesame seeds, Shellfish, Soy, Tree Nuts, Wheat Organic claims: NA Attributes: Kosher, Vegetarian</p>	<p>Ingredients: Eggs.</p> <p>Contains: Eggs Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Pork Cured With Water, Salt, Sugar, Sodium Phosphate, Smoked Sugar, Sodium Erythorbate, Sodium Nitrite.</p> <p>Contains: NA Free From: NA Organic claims: NA Attributes: NA</p>	<p>Nutrition facts not available. Please see carton for ingredients.</p>



# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Lunch - Thursday

Hotdogs	Hotdog Buns	Apple Sauce	Chips - Variety	Pudding - Chocolate	Drink Mix – Fruit Punch
<p>Ingredients: Beef, Water, Contains 2% Or Less Of Salt, Spices, Sorbitol, Sodium Phosphates, Paprika, Sodium Erythorbate, Flavorings, Sodium Nitrite.</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat</p> <p>Organic claims: NA</p> <p>Attributes: Gluten-Free</p>	<p>Ingredients: Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% Or Less Of Each Of The Following: Salt, Dough Conditioners (contains One Or More Of The Following: Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, Monoglycerides, Mono-And Diglycerides, Distilled Monoglycerides, Calcium Peroxide, Calcium Iodate, Datem, Ethoxylated Mono-And Diglycerides, Enzymes, Ascorbic Acid), Sesame Flour, Calcium Propionate (to Retard Spoilage).</p> <p>Contains: Sesame seeds, Wheat</p> <p>Free From: NA</p> <p>Organic claims: NA</p> <p>Attributes: Kosher</p>	<p>Ingredients: Apples, Water, Ascorbic Acid (vitamin C)</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Molluscs, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat</p> <p>Organic claims: NA</p> <p>Attributes: NA</p>	<p>Nutrition facts not available.</p> <p>Please see individual bagged chip bags for ingredients.</p>	<p>Ingredients: Dextrose, Sugar, Modified Food Starch, Cocoa Processed With Alkali, Less Than 2% Disodium Phosphate, Tetrasodium Pyrophosphate, Salt, Tricalcium Phosphate, Caramel Color, Natural And Artificial Flavor, Silicon Dioxide, Nonfat Dry Milk, Mono And Diglycerides, Red 40. contains Milk.</p> <p>Contains: Milk</p> <p>Free From: NA</p> <p>Organic claims: Not organic</p> <p>Attributes: Kosher</p>	<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid, (vitamin C), Natural And Artificial Flavor, Red 40, Maltodextrin, Titanium Dioxide, Gum Arabic, Red 40 Lake, Blue 1.</p> <p>Free From: NA</p> <p>Organic claims: NA</p> <p>Attributes: Coeliac, Kosher</p>

# Lake of the Ozarks Scout Reservation

## 2026 Menu

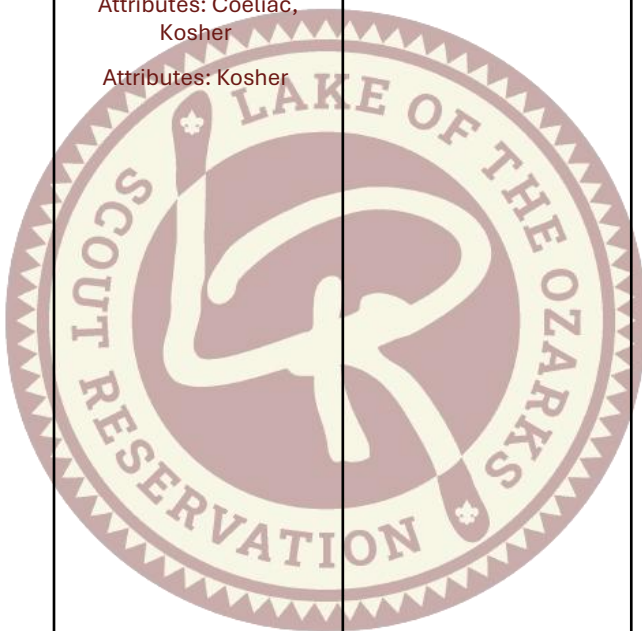
### Dinner - Thursday

Salisbury Steak	Brown Gravy	Potato	Green Beans	Cookies – Chocolate Chip
<p>Ingredients: Beef, Water, Bread Crumbs [flour (unbleached Wheat Flour, Barley Malt), Salt, Yeast, Soybean Oil, Ammonium Chloride, Calcium Propionate], Seasoning [salt, Dextrose, Sugar, Maltodextrin, Beef Stock, Natural Flavorings, Beef Extract, Tomato Powder, Beef Flavor (rendered Beef Fat, Flavoring), Beef Fat, Citric Acid, Onion Powder, Modified Food Starch, Vinegar Powder (maltodextrin, Modified Food Starch, Vinegar Solids), Disodium Inosinate, Disodium Guanylate), Natural Flavoring.</p> <p>Contains: Wheat Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Food Starch-modified, Maltodextrin, Palm Oil, Salt, Enriched Bleached Flour (wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whey, Hydrolyzed Vegetable Protein (corn, Soy), Autolyzed Yeast Extract, Contains Less Than 2%: Chicken Fat, Onion, Sugar, Gelatin, Natural Flavor, Dextrose, Color Added, Disodium Guanylate, Disodium Inosinate contains</p> <p>Allergens: Wheat, Milk, Soy produced In A Facility That Manufactures Products Containing Egg</p> <p>Contains: Milk, Soy, Wheat Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Russet Potato.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Green Beans, Water, Salt, And Zinc Chloride</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Sugar, Chocolate Chips (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Natural Flavor, Milk), Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Shortening (palm Oil), Water, Margarine (palm Oil, Water, Salt, Mono- And Diglycerides, Soy Lecithin, Sodium Benzoate [preservative], Artificial Flavor, Beta-carotene [color], Vitamin A Palmitate), Contains Less Than 2% Of Baking Soda, Eggs, Molasses, Natural Flavors (milk), Salt, Whey Protein Concentrate, White Chocolate Flavored Powder (sugar, Creamer [coconut Oil, Corn Syrup Solids, Sodium Caseinate {milk}, Sugar, Tricalcium Phosphate, Dipotassium Phosphate, Propylene Glycol Esters Of Fatty Acids, Mono- And Diglycerides, Salt, Artificial Flavor], Maltodextrin, Natural And Artificial Flavor, Guar Gum, Xanthan Gum). contains: Wheat, Eggs, Milk, Soy. manufactured In A Facility That Processes Products Containing Peanuts And Tree Nuts.</p> <p>Contains: Eggs, Milk, Soy, Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>

# Lake of the Ozarks Scout Reservation

## 2026 Menu

<b>Breakfast - Friday</b>					
Orange Drink Mix	Milk	Sausage	Mix Gravy	Biscuit	Cereal Bran With Raisins
<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid (vitamin C), Natural Flavor, Yellow 6, Maltodextrin, Titanium Dioxide, Gum Arabic, Yellow 6 Lake.</p> <p>Free From: NA Organic claims: NA Attributes: Coeliac, Kosher</p> <p>Attributes: Kosher</p>	<p>Nutrition facts not available. Please see carton for ingredients.</p>	<p>Ingredients: Pork, Water, Contains 2% Or Less: Salt, Sugar, Spices, Chili Pepper, Flavoring, Smoke Flavor.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Enriched Bleached Flour (wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Food Starch-modified, Palm Oil, Salt, Corn Syrup Solids contains Less Than 2%: Black Pepper, Sodium Caseinate, Whey Protein Concentrate, Color Added, Mono &amp; Diglycerides. Contains: Milk, Wheat</p> <p>Contains: Milk, Wheat Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Enriched Bleached Flour (wheat Flour, Niacin, iron, Thiamin Mononitrate, Riboflavin, Folic Acid), cultured Buttermilk (skim And/or Low Fat Milk, Nonfat Dry Milk, Cultures Added), Water, Palm Oil, Contains Less Than 2%: Modified Wheat Starch, Dextrose, Baking Soda, Salt, Soybean Oil, Whey, Sodium Aluminum Phosphate, Sugar, Sodium Acid Pyrophosphate, Monocalcium Phosphate, Artificial Flavor contains Allergens: Wheat, Milk produced In A Facility That Manufactures Products Containing Egg And Soy</p> <p>Contains: Milk, Wheat Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Wheat Bran, Raisins, Sugar, Contains 2% Or Less Of: High Fructose Corn Syrup, Salt, Barley Malt Extract, Iron (ferric Orthophosphate), Vitamin C (sodium Ascorbate), Vitamin A (palmitate), Niacinamide, Vitamin B1 (thiamine Mononitrate), Vitamin B6 (pyridoxine Hydrochloride), Vitamin D (cholecalciferol), Vitamin B2 (riboflavin), Folic Acid.bht Added To Packaging To Help Preserve Freshness.</p> <p>Contains: Wheat Free From: Crustaceans, Eggs, Fish, Milk, Molluscs, Peanuts, Sesame seeds, Shellfish, Soy, Tree Nuts Organic claims: NA Attributes: Kosher</p>



# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Lunch - Friday

Tortilla Flour Wraps	Turkey Ham	Salami	Lettuce
<p>Ingredients: Enriched Unbleached Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Vegetable Shortening (contains One Or More Of The Following: Palm Oil And/or Olive Oil), Contains 2% Or Less Of The Following: Salt, Aluminum Free Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Wheat Protein, Preservatives (calcium Propionate, Sorbic Acid), Dough Conditioner (fumaric Acid, Xanthan Gum, Mono- And Diglycerides, Sodium Metabisulphite)</p> <p>Contains: Wheat</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Soy, Tree Nuts</p> <p>Organic claims: NA</p> <p>Attributes: Kosher</p>	<p>Ingredients: Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Sesame seeds, Shellfish, Soy, Tree Nuts, Wheat</p> <p>Organic claims: NA</p> <p>Attributes: NA</p>	<p>Ingredients: Pork, Salt, Contains Less Than 2% Of The Following: Dextrose, Natural Flavoring, Wine, Garlic, Lactic Acid Starter Culture, Sodium Ascorbate, Potassium Nitrate, Sodium Nitrite.</p> <p>Free From: NA</p> <p>Organic claims: NA</p> <p>Attributes: NA</p>	<p>Ingredients: Lettuce.</p> <p>Free From: NA</p> <p>Organic claims: NA</p> <p>Attributes: NA</p>



# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Lunch cont'd - Friday

Tomatoes	Apple	Chips - Variety	Cheese	Drink Mix – Fruit Punch
<p>Ingredients: Tomatoes.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Apples.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Nutrition facts not available. Please see individual bagged chip bags for ingredients.</p>	<p>Ingredients: Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (preservative), Citric Acid, Enzymes, Soy Lecithin, Apo Carotenal And Beta Carotene (color). contains: Milk, Soy</p> <p>Contains: Milk, Soy Free From: NA Organic claims: NA Attributes: Coeliac</p>	<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid, (vitamin C), Natural And Artificial Flavor, Red 40, Maltodextrin, Titanium Dioxide, Gum Arabic, Red 40 Lake, Blue 1.</p> <p>Free From: NA Organic claims: NA Attributes: Coeliac, Kosher</p>

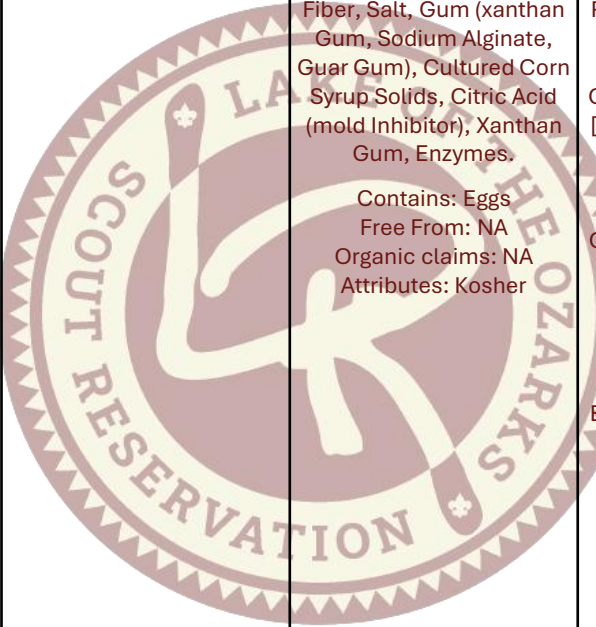


# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Dinner – Friday (Camp wide)

Pork Butt	Hamburger Bun	Macaroni & Cheese	Corn	Ice Cream – Vanilla	Ice Cream – Chocolate
<p>Ingredients: Pork.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Water, Tapioca Starch, Brown Rice Flour (rice Flour, Rice Bran With Germ), Canola Oil, Resistant Corn Starch, Egg Whites, Invert Cane Sugar, Tapioca Maltodextrin, Potato Flour, Cane Sugar, Tapioca Syrup, Yeast, Sugarcane Fiber, Salt, Gum (xanthan Gum, Sodium Alginate, Guar Gum), Cultured Corn Syrup Solids, Citric Acid (mold Inhibitor), Xanthan Gum, Enzymes.</p> <p>Contains: Eggs Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Water, Enriched Macaroni (wheat Flour, Egg Whites, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Pasteurized Process Cheese Spread (american Cheese [milk, Cultures, Salt, Enzymes], Water, Whey, Sodium Phosphate, Whey Protein Concentrate, Skim Milk, Salt, Milk Fat, Paprika Oleoresin [color], Annatto [color]), Cheddar Cheese (milk, Cultures, Salt, Enzymes), Canola Oil, Contains Less Than 2% Of: Wheat Flour, Modified Food Starch, Cheddar Cheese (cultured Milk, Salt, Enzymes), Sugar, Salt, Soy Protein Concentrate, Paprika Extract For Color, Natural Flavor, Beta Carotene.</p> <p>Contains: Eggs, Milk, Wheat, Soy, Wheat Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Corn, Water, Salt.</p> <p>Free From: NA Organic claims: NA Attributes: Coeliac, Kosher</p>	<p>Ingredients: Milk, Cream, Skim Milk, Corn Syrup, Buttermilk, High Fructose Corn Syrup, Whey, Sugar, Contains 1% Or Less Of Natural And Artificial Flavors, Guar Gum, Tara Gum, Cellulose Gel, Cellulose Gum, Carrageenan, Carob Bean Gum, Xanthan Gum, Mono And Diglycerides, Polysorbate 80, Annatto Extract For Color.</p> <p>contains: Milk.</p> <p>Contains: Milk Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Milk, Cream, Buttermilk, Corn Syrup, Sugar, Whey, Skim Milk, Cocoa (cocoa Processed With Alkali, Salt, Sugar, Carrageenan, Natural Vanilla Flavor), Contains 1% Or Less Of Natural Flavor, Guar Gum, Carob Bean Gum, Tara Gum, Mono And Diglycerides, Cellulose Gel, Cellulose Gum, Xanthan Gum, Carrageenan, Polysorbate 80.</p> <p>contains: Milk.</p> <p>Contains: Milk Free From: NA Organic claims: NA Attributes: Kosher</p>



# Lake of the Ozarks Scout Reservation

## 2026 Menu

### Breakfast - Saturday

Donuts – Assorted

Orange Drink Mix

Milk – 2%

Ingredients not available

Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid (vitamin C), Natural Flavor, Yellow 6, Maltodextrin, Titanium Dioxide, Gum Arabic, Yellow 6 Lake.

Free From: NA  
 Organic claims: NA  
 Attributes: Coeliac, Kosher

Nutrition facts not available.  
 Please see carton for ingredients.

