

## Resident Camp Menu

Sunday	Breakfast	Lunch	Dinner
Protein		Breaded Chicken Patty	Hot Dogs
Vegetable		Green Beans	Corn Cobs
Fruit		Pears	Watermelon
Grain		Hamburger Bun	Hot Dog Buns
Dairy		American Cheese	Shredded Cheese
Extra Side Item			Baked Beans

Monday	Breakfast	Lunch	Dinner
Protein	Sausage Links	Seasoned Beef	Burgers
Vegetable	Hashbrown Patty	Shred Lettuce	Mixed Vegetables
Fruit	Assorted Whole Fruit	Applesauce	Fruit Cocktail
Grain	Pancakes	Soft Shells	Hamburger Bun
Dairy	Milk	Shredded Cheese	American Cheese

Tuesday	Breakfast	Lunch	Dinner
Protein	Bacon	Deli Meat	
Vegetable	Diced Potatoes	Fresh Baby Carrots	
Fruit	Assorted Whole Fruit	Peaches	
Grain	French Toast Sticks	Sliced Bread	
Dairy	Milk	American Cheese	
Extra Side Item		Cookie	

## Dietary Restrictions

Medicine Mountain is prepared to handle common dietary restrictions. Please be aware that all special dietary requests are due May 1, 2018. Requests are entered in the "Dietary Restrictions" field under each participant on our online registration system. A letter from a health professional (doctor or dietician) will need to be emailed to [reservations@blackhillsbsa.org](mailto:reservations@blackhillsbsa.org) by the due date. Letters are kept on file during the summer to help our food services team plan.

The Medicine Mountain Scout Ranch & Adventure Base will not make substitutions just because a Scout or Scouters do not like certain vegetables or fruits. All dietary restrictions must be documented by a health professional.

## Portion Sizes

Our food service team utilizes portion sizes that a certified nutritional professional recommends.

## **Food Sourcing**

Medicine Mountain utilizes a variety of food sources to feed our participants, staff, & guests. These sources include the National Food Group, US Foods or Sysco, local grocery stores, and Feeding South Dakota. For detailed information regarding our food sourcing, please contact our team at 605-342-2824 or send an email to [reservations@blackhillsbsa.org](mailto:reservations@blackhillsbsa.org).

## **Staples**

At the beginning of each week, your unit will be issued staples. As these staples run low or out, please bring them back to the commissary to be restocked. Staples include:

- Salt
- Pepper
- Peanut Butter
- Jelly
- Loaf of Bread
- Ketchup
- Drink Mix

## **Spices**

Units are responsible for bringing their own stock of spices to add to meals. Each unit will receive exactly what the menu reads in this guide.