



MEDICINE MOUNTAIN
SCOUT RANCH & ADVENTURE BASE

2019 FOOD SERVICES SECTION

SUPPORT & HELP

(605) 342-2824

reservations@blackhillsbsa.org

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2019 FOOD SERVICES SECTION

TABLE OF CONTENTS

Contents

Bon Appetit!	3
Breakfast Options.....	4
Lunch Options.....	5
Dinner Options	6
Wednesday Meals.....	7
Dietary Restrictions.....	7
Portion Sizes	7
Food Sourcing.....	7
Staples	8
Spices.....	8
Entering Your Unit's Menu Selections	8
Food Pick-up	8



2019 FOOD SERVICES SECTION

EATING GREAT IN THE BLACK HILLS

Bon Appetit!

One of the many things that set Medicine Mountain apart from other camps is the ability for units to select what they eat and when they eat it. Our food services team has put together a menu for 2019 that has variety and balance. All meals are created using the USDA's myPlate nutrition guide, ensuring that all meals are balanced.

There is a default menu for each day/meal period as well as alternate menus to select from if desired. Friday night's meal is reserved as a premium meal as a celebration at the end of camp. All these options are presented in this guide.

Our team also has the ability to handle common dietary restrictions. Please be aware that all special dietary requests are due May 1, 2019. 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 by the due date.

If your unit has any questions regarding the options listed in this guide, please send an email to reservations@blackhillsbsa.org or give us a call at 605-342-2824.

Warm Regards,

Stewart Smith

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2019 FOOD SERVICES SECTION

MENU OPTIONS

Breakfast Options

Monday	Default Option 1	Alternate Option 2	Alternate Option 3
Protein	Bacon	Sausage Links	Trail Mix
Vegetable	Breakfast Potatoes	Breakfast Potatoes	n/a
Fruit	Assorted Whole Fruit	Assorted Whole Fruit	Assorted Whole Fruit
Grain	Pancake	French Toast Sticks	Assorted Baked Goods
Dairy	Gogurt	Gogurt	Gogurt

Tuesday			
Protein	Sausage Gravy	Eggs	Trail Mix
Vegetable	Breakfast Potatoes	Breakfast Potatoes	n/a
Fruit	Assorted Whole Fruit	Assorted Whole Fruit	Assorted Whole Fruit
Grain	Biscuits	Soft Shell	Assorted Baked Goods
Dairy	Milk	Shred Cheese/Milk	Gogurt

Wednesday			
Protein	Bacon	Eggs	Trail Mix
Vegetable	Breakfast Potatoes	Breakfast Potatoes	n/a
Fruit	Assorted Whole Fruit	Assorted Whole Fruit	Assorted Whole Fruit
Grain	French Toast Sticks	English Muffin	Assorted Baked Goods
Dairy	Gogurt	Shred Cheese / Gogurt	Gogurt

Thursday			
Protein	Sausage Links	Bacon	Trail Mix
Vegetable	Breakfast Potatoes	Breakfast Potatoes	n/a
Fruit	Assorted Whole Fruit	Assorted Whole Fruit	Assorted Whole Fruit
Grain	Pancake	French Toast Stick	Assorted Baked Goods
Dairy	Milk	Milk	Gogurt

Friday			
Protein	Eggs	Sausage Gravy	Trail Mix
Vegetable	Breakfast Potatoes	Breakfast Potatoes	n/a
Fruit	Assorted Whole Fruit	Assorted Whole Fruit	Assorted Whole Fruit
Grain	English Muffin	Biscuits	Assorted Baked Goods
Dairy	Shred Cheese/Gogurt	Gogurt	Gogurt

Saturday			
	Trail Mix	*Gluten Free available. Gluten Free Muffins and Bagels are available for substitution for every meal.	Eggs are available for substitution at any meal for vegetarians.
	Assorted Whole Fruit		
	Assorted Baked Goods		
	Gogurt		

- Breakfast Potatoes will vary and will be Hashbrowns or Diced Potatoes depending on availability.

2019 FOOD SERVICES SECTION

MENU OPTIONS

Lunch Options

Monday	Default Option 1	Alternate Option 2	Alternate Option 3
<i>Suggested Entrée</i>	Chicken Sandwich	Cheeseburgers	Sack Lunch
Protein	Chicken Breast	Beef Patty	Deli Meat
Vegetable	Green Beans	Green Beans	Fresh Baby Carrots
Fruit	Fruit Cocktail	Fruit Cocktail	Fruit Cup
Grain	Hamburger Bun	Hamburger Bun	Sliced Bread
Dairy	American Cheese	American Cheese	American Cheese

Tuesday

<i>Suggested Entrée</i>	Soft Tacos	Chicken Wraps	Sack Lunch
Protein	Seasoned Beef	Diced Chicken (pre-cooked)	Deli Meat
Vegetable	Shred Lettuce	Shred Lettuce	Fresh Baby Carrots
Fruit	Applesauce	Applesauce	Fruit Cup
Grain	Soft Shells	Soft Shells	Sliced Bread
Dairy	Shredded Cheese	Shredded Cheese	American Cheese

Wednesday

<i>Suggested Entrée</i>	Sack Lunch	Gluten free bread and buns are available as well as entrée alternatives for vegetarians. Other dietary requests will be handled upon request.
Protein	Deli Meat	
Vegetable	Fresh Baby Carrots	
Fruit	Fruit Cup	
Grain	Sliced Bread	
Dairy	American Cheese	
Dessert	Cookie	

Thursday

<i>Suggested Entrée</i>	Meatball Sub	Hot Dogs	Sack Lunch
Protein	Meatballs in Sauce	Hot Dog	Deli Meat
Vegetable	Mixed Vegetables	Mixed Vegetables	Fresh Baby Carrots
Fruit	Peaches	Peaches	Fruit Cup
Grain	Hot Dog Bun	Hot Dog Bun	Sliced Bread
Dairy	Shredded Cheese	String Cheese	American Cheese

Friday

<i>Suggested Entrée</i>	Sloppy Joes	Soup & Grilled Cheese	Sack Lunch
Protein	Ground Beef w/Sauce	Chicken Soup	Deli Meat
Vegetable	Corn	Corn	Fresh Baby Carrots
Fruit	Pears	Pears	Fruit Cup
Grain	Hamburger Bun	Sliced Bread	Sliced Bread
Dairy	American Cheese	American Cheese	American Cheese

2019 FOOD SERVICES SECTION

MENU OPTIONS

Dinner Options

Sunday	Default Option 1	Alternate Option 2
Protein	Hot Dogs	
Vegetable	Corn Cobs	
Fruit	Watermelon	
Grain	Hot Dog Buns	
Dairy	String Cheese	
Extra Side Item	Baked Beans	

Monday

Suggested Entrée	Chili con Carne	BBQ Chicken
Protein	Ground Beef, Kidney Beans, Diced Tomatoes	Chicken Breast w/BBQ Sauce
Extra Side Item	Mashed Potatoes	Mashed Potatoes
Vegetable	Salad Mix	Salad Mix
Fruit	Peaches	Peaches
Grain	Biscuits	Biscuits
Dairy	Shredded Cheese	String Cheese

Tuesday

Suggested Entrée	Chicken Stir-fry	Pork Stir-fry
Protein	Chicken Breast	Pork Loin
Extra Side Item	Sweet & Sour Sauce	Teriyaki
Vegetable	Stir-fry Veggies	Stir-fry Veggies
Fruit	Pears	Pears
Grain	Rice	Rice
Dairy	String Cheese	String Cheese

Thursday

Suggested Entrée	Spaghetti	Chicken Parmesan
Protein	Ground Beef	Chicken Breast
Extra Side Item	Marinara	Marinara
Vegetable	Green Beans	Green Beans
Fruit	Fruit Cocktail	Fruit Cocktail
Grain	Spaghetti	Spaghetti
Dairy	Mozzarella Cheese	Mozzarella Cheese

Friday – Premium Meal Night

Protein	Steak	Pork Chop
Vegetable	Lettuce Salad	Lettuce Salad
Starch	Baked Potato	Baked Potato
Fruit	Applesauce	Applesauce
Grain	Dinner Roll	Dinner Roll
Dairy	Shredded Cheese	Shredded Cheese
Dessert	S'mores	S'mores



2019 FOOD SERVICES SECTION

ADDITIONAL INFO

Wednesday Meals

During Wednesday, all units depart camp to tour the Black Hills. A normal breakfast is provided that morning. During breakfast pickup, units will also pick up their sack lunch for Wednesday. No dinner is provided on Wednesday at camp. Most units will visit local pizzerias or pick up food at a local grocery store to have dinner while out and about.

Dietary Restrictions

Medicine Mountain is prepared to handle common dietary restrictions. Please be aware that all special dietary requests are due May 1, 2019. 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 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.

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
- Margarine

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.

Entering Your Unit's Menu Selections

Units have until May 1, 2019 at 11:45PM to enter their unit's menu selections. Units that do not make their selections by the deadline will automatically be assigned the default menu. The link to input your menu options is:

<https://goo.gl/forms/x05ABwqBL7p6v1Hk1>

Provisional Campers will have the same menu as their host unit for the week and do not need to select a menu.

Food Pick-up

Since Medicine Mountain is a troop / patrol style cooking camp, units will need to pick up their unit's meal ingredients two times a day from the camp's commissary.

Lunch Pick-Up: 11:00AM – 11:30AM

Breakfast & Dinner Pick-up: 3:30PM – 4:15PM

Units should bring coolers to store breakfast ingredients overnight. Ice can be brought to camp or purchased at the Trading Post for \$2.00 per 8lb bag.

It is also recommended that units bring wagon(s) to transport their food, as no non-camp motor vehicles will be allowed to travel within the camp.