



August Family 2024

Sunday - August 11

Monday - August 12

Tuesday - August 13

Wednesday - August 14

Thursday - August 15

Friday - August 16

Saturday - August 17

	MEAL COUNT MEAL TIME	31	MEAL COUNT MEAL TIME	61 8:30	MEAL COUNT MEAL TIME	62 8:30	MEAL COUNT MEAL TIME	50 8:30	MEAL COUNT MEAL TIME	50 8:30	MEAL COUNT MEAL TIME	64 8:30	MEAL COUNT MEAL TIME	62 8:30
BREAKFAST	1 - Bread/Starch 2 - Protein/Meat 3 - Vegetable 4 - Options GF/DF/V+ 5 - Sautee	Simple Hot Breakfast 1 Chicken sausage 2 Veg sausage 3 Sausage 4 Cinnamon rolls 5 Sautee Fruit/Granola/Yogurt	Caramel Apple French Toast 1 Caramel Apple French Toast 2 3 Sausage 4 Sautee 5 Fruit/Granola/Yogurt	Baked Oatmeal 1 Baked Oatmeal 2 Vegan baked oatmeal 3 Bacon/Baked tofu 4 Sautee 5 Fruit/Granola/Yogurt	Biscuits & Gravy 1 Biscuits 2 Cheesy Eggs 3 Gravy (veg & sausage) 4 Veg/Sausage 5 Fruit/Granola/Yogurt Sautee	Chocolate Chip Pancakes 1 CC Pancakes 2 Eggs bites 3 Chicken Sausage 4 Vegetarian/Vegan Sausage 5 Fruit/Granola/Yogurt Sautee	Breakfast Tacos 1 Tortillas 2 Scrambled eggs 3 Crumbled sausage 4 Crumbled veg sausage 5 Sautee Fruit/Granola/Yogurt	Cinnamon Rolls 1 Cinnamon Rolls 2 Sausage links 3 Vegetarian/Vegan Sausage 4 Eggs over 5 Sautee						
LUNCH	1 - Starch 2 - Protein/Meat 3 - Vegetable 4 - Options GF/DF/V+ 5 - Bread	Grilled Cheese 1 Tomato Soup 2 Grilled cheese 3 Hybrid Salad/Sandwich Bar	Cookout 1 Pulled pork 2 Tofu 3 Chips Watermelon ColeSlaw Fudge Pops	Soup & salad self serve 1 2 3 Kids Camp lunch @ 12 Matthew ON for Lunch Coverage	Soup & salad self serve 1 2 3 Kids Camp lunch @ 12	Soup & salad self serve 1 2 3 Kids Camp lunch @ 12	Soup & salad self serve 1 2 3 Kids Camp lunch @ 12	KITCHEN CLOSED 1 2 3						
DINNER	1 - Starch 2 - Protein/Meat 3 - Vegetable 4 - Options GF/DF/V+ 5 - Bread	Alfredo 1 Chicken alfredo 2 Veggie alfredo 3 Zucchini/Yellow sauash 4 Garlic bread 5 Vegan alfredo	Enchiladas 1 Meat enchiladas 2 Veggie enchiladas 3 Spanish rice 4 Corn 5 Vegan enchiladas	Brinner 1 Waffles 2 Sausage patties (M, Veg, V+) 3 Ricotta Frittata 4 Cheesy Potatoes 5 Asparagus	Pot Pie 1 Beef pot pie 2 Veggie pot pie 3 Green beans 4 Cheddar biscuits 5	Swedish Meatballs 1 Mashed potatoes 2 Swedish Meatballs 3 Swedish veggie 4 Broccoli 5 Garlic bread	Pork Tenderloin 1 Pork Tenderloin 2 Roasted tofu 3 Potatoes au gratin 4 Brussel sprout 5 Hawaiian rolls	KITCHEN CLOSED 1 2 3 4 5						
Dessert/ Evening Program Food:		Apple crisp	Clue/Churro Donuts	Lemon cake	Cupcakes	Dessert Medley	Ice Cream Social							
Crew Needs & Start Times														
Kitchen Notes		Matthew OFF and Out of Town until Dinner on Monday	Matthew OFF and Out of Town until Dinner on Monday	Jules OFF Middle of the day Rafting		Matthew to teach swing dancing with Aberlyn for evening program								

The A/U Ranches wish to meet the dietary needs of our participants and makes reasonable accommodations for participants with food allergies and special diet restrictions including providing limited options that are:

V=Vegetarian / V+=Vegan (Plant-Based) / DF=Dairy-Free / GF=Gluten-Free / NF=Nut-Free

Plant-Based Beverage Options are available at all meals

The following major food allergens are used as ingredients:
Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame.

Please ask Head Cooks for more information about these ingredients.