

# FOOD SERVICE MENU SELECTION SHEET

Return to Upham Woods no later than 30 days prior to arrival

Name Of Group: \_\_\_\_\_ Date(s) of Visit: \_\_\_\_\_

Number Of Participants: Youth \_\_\_\_\_ Adult \_\_\_\_\_ Meal Supervisor: \_\_\_\_\_

Day 1	Day 2	Day 3	Day 4	Day 5	<b>Breakfast selections (please select one for each day) \$8.00</b> (All breakfast options come with juice, milk, water, fruit and cereal)
					Pancakes, sausage links
					Bacon, egg & cheese biscuit, hashbrown patty
					French toast, bacon
					Scrambled eggs,       bacon or       sausage (select one), muffin

Day 1	Day 2	Day 3	Day 4	Day 5	<b>Lunch selections (please select one for each day) \$9.00</b> (All lunch options come with milk, water and dessert)
					Chicken tenders, mashed potatoes, hot veggie, salad bar
					Beef hot dogs, tater tots, baked beans, salad bar
					Grilled ham & cheese sandwich,       tomato soup or       chips (select one), salad bar
					Tacos -       beef or       chicken (select one), topping bar, refried beans, tortilla chips
					Sloppy camper sandwich, tater tots, hot veggie, salad bar
					Cook's choice
					<u>Sack lunch</u> - sub (ham, turkey & cheese), apple or orange, chips, juice box (in place of milk/water) & dessert in brown paper bag

Day 1	Day 2	Day 3	Day 4	Day 5	<b>Dinner selections (please select one for each day) \$11.00</b> (All dinner options come with milk, water and dessert)
					Cheese pizza, bread sticks (2), hot vegetable, salad bar
					Chicken alfredo, hot vegetable, breadsticks (2), salad bar
					Cookout -       hamburgers,       hot dogs or       brats (select one),       chips, baked beans or       potato salad (select one),       lemonade or       fruit punch (select one), raw vegetables w/ ranch, fruit
					Hearty chicken pot pie casserole, biscuit, salad bar
					Baked ziti, breadsticks (2), hot vegetable, salad bar
					Orange chicken, rice, hot vegetable, salad bar
					Cook's choice

## Snack options:

\$1.00 per person per item: apple, orange, popsicle, chocolate chip cookie, fruit drink, lemonade, popcorn, chips, pretzels

\$1.15 per person per item: veggies with dip, cake, hot chocolate

\$1.35 per person per item: ice cream cup, orange juice, brownie

\$1.50 per person: S'mores (available for evening snack at campfire only)

Morning Snack selections (optional, write in choices)				
Day 1	Day 2	Day 3	Day 4	Day 5

Afternoon Snack selections (optional, write in choices)				
Day 1	Day 2	Day 3	Day 4	Day 5

Evening Snack selections (optional, write in choices)				
Day 1	Day 2	Day 3	Day 4	Day 5

**Dietary restrictions** (food allergies and special diets, such as vegetarian/vegan, must be provided before arrival):

**Note:** Whenever possible, we will provide allergy-friendly or special diet-friendly version(s) of the same meal being served in the Dining Hall. Example: dairy-free pizza or gluten-free pizza as an alternative during the Cheese pizza dinner

- All meals come with milk and water. Coffee & tea will be available for adults.
- I understand that the choices I have made for meals can only be considered if all food service forms have been signed and returned 30 days prior to arrival.
- I understand that attempts will be made to honor the menu selections, but on rare occasions they may be altered or changed by the kitchen lead.
- When multiple groups are on site, the kitchen lead will choose the meals with each groups' requests considered.
- Once menus are submitted to food service they may not be changed.

Group Leader signature \_\_\_\_\_ Date \_\_\_\_\_