

## 2024 4-H CAMP PALMER MENU SELECTION and OPTIONS

<b>Family Style</b>		
<u><b>BREAKFAST</b></u>	<u><b>LUNCH</b></u>	<u><b>SUPPER</b></u>
<p><b>B-1</b> Breakfast Sandwich Egg, Cheese and Meat Biscuit</p> <p><b>B-2</b> Breakfast Casserole Biscuits</p> <p><b>B-3</b> Scrambled Eggs Sausage Hashbrowns</p> <p><b>B-4</b> Breakfast burritos Scrambled eggs and ham Potatoes</p> <p><b>B-5</b> Pancakes Sausage</p> <p><b>B-6</b> Fresh Cinnamon Rolls</p> <p><b>B-7</b> Egg, Bacon, Cheddar scramble Biscuits</p> <p><b>BIB (Breakfast in Bed)</b> Breakfast in bed is served in cabins. Includes: milk, juice, cold cereal, and cinnamon rolls</p> <p><u>Breakfast bar includes:</u> Cold cereal, yogurt, fruit, boiled eggs, milk and juice.</p>	<p><b>L-1</b> Make your own Tacos Rice Fruit crisp</p> <p><b>L-2</b> Cheeseburger Tater Tots</p> <p><b>L-3</b> Chicken Breast Sandwich Macaroni and Cheese</p> <p><b>L-4</b> BBQ Pork Sandwich French Fries</p> <p><b>L-5</b> Creamy Chicken Sandwich or Hot Beef Sandwich (must specify which meat choice) Spiral Cut French Fries</p> <p><b>L-6</b> Sloppy Joe Corn chips</p> <p><b>L-7</b> Toasted Cheese Sandwich Tomato Soup</p> <p><b>PICNIC</b> (lunch or supper) Hot Dogs Baked Beans Veggie and Dip Potato Chips Brownie</p>	<p><b>S-1</b> Ham Scalloped Potatoes Green Beans, Corn Bread</p> <p><b>S-2</b> Spaghetti/Meat Sauce Garlic Bread Sticks</p> <p><b>S-3</b> Popcorn Chicken Mashed Potatoes and Gravy Corn, Dinner Roll</p> <p><b>S-4</b> Beef and Noodles Mashed Potatoes Corn, Dinner Roll</p> <p><b>S-5</b> Pizza Breadsticks</p> <p><b>S-6</b> Lasagna Breadsticks</p> <p><b>S-7</b> Bowtie Pasta and Alfredo Sauce w/ Chicken Breadsticks</p> <p><b>BOX MEAL</b> (lunch or supper) Sub Sandwich Chips Veggies and Dip Cookie</p> <p><b>SALAD BAR</b> is included with all lunch and supper selections (except Picnic and Box)</p>
Evening snack choices below. All served with milk.		

**SNACKS:** Fresh baked cookies are served each evening with milk. You may select from the following:

Chocolate Chip Cookies  
Indoor S'mores  
Rice Krispy Treats

Peanut Butter Cookies  
Sugar Cookies  
Campfire S'mores

No-Bake Cookies  
Snicker doodles

## MENU SELECTION FORM

Menu for: \_\_\_\_\_ Camp \_\_\_\_\_  
 Dates: \_\_\_\_\_

Total Number **Expected** for Meals: \_\_\_\_\_

Write in your menu selections here using the code provided ie: B-2, L-5, etc.

<u>DATE</u>	<u>BREAKFAST</u> Served @ 8:00am	<u>LUNCH</u> Served @ noon	<u>SUPPER</u> Served @ 5:00pm

Snack Choices – select one for each night you will be our guest.

Please indicate total number of campers for each dietary option (if known):

Regular meals: \_\_\_\_\_                      Gluten Free meals: \_\_\_\_\_

Vegetarian meals: \_\_\_\_\_                      Lactose Free meals: \_\_\_\_\_

Sugar Free meals: \_\_\_\_\_

Please indicate other dietary needs or any other special notes:

Coffee is available upon request. Hot Chocolate will be served for breakfast on cold mornings.  
 The kitchen reserves the right to make changes to the menu as needed.

**Return one month prior to arrival at camp.** Mail or email to: 4-H Camp Palmer  
 26450 County Rd. MN  
 Fayette, OH 43521-9575  
[helberg.4@osu.edu](mailto:helberg.4@osu.edu)

## 2024 4-H CAMP PALMER NOTES FROM KITCHEN

The kitchen staff at 4-H Camp Palmer is equipped to handle dietary restrictions. Parents are encouraged to talk not only to their Camp Director, but also may contact the Camp directly to speak with our Food Service Supervisor. **You can reach the kitchen at 419-237-2247, ext. 224.**

See below for the accommodations the 4-H Camp Palmer kitchen provides.

**BREAKFAST** – there are gluten free (GF) cereals on the breakfast bar at every meal. There is sugar free (SF) syrup available as well as diet jelly, apple butter and honey. There is also high fiber instant oatmeal available on the breakfast bar. Camp will provide Fair Life lactose free milk upon request.

B1: GF biscuits available and vegetarian sausage

B2: GF biscuits and vegetarian casserole sausage is GF.

B3: Sausage is GF. Vegetarian sausage available.

B4: GF shells available. Black beans available for vegetarian option

B5: Vegetarian sausage is available. GF pancakes available.

B6: GF sweet bread option available

B7: GF biscuits available

**LUNCH and SUPPER**– There is a salad bar at every meal, except picnic that includes lettuce with toppings and salad dressing, cottage cheese, etc. All French fries and tater tots are GF.

L1: GF shells and Vegetarian meat crumbles available.

L2: Burgers are GF. Veggie burgers available.

L3: GF macaroni and GF chicken available. Meatless chicken patty available.

GF chicken and baked potato available. Meatless chicken patty available.

L4: GF bread available. BBQ Pork is GF.

L5: GF bread available.

L6: GF bread available. Vegetarian meat for sloppy joes available.

L7: GF bread available.

S1: Baked Potato available. Vegetarian Ham available

S2: GF pasta and GF bread available. Meatless sauce for vegetarian

S3: GF chicken and meatless chicken patty available

S4: GF noodles and GF bread available. Vegetarian meat substitute available.

S5: GF pizza and bread available. Plain cheese pizza.

S6: GF pasta and bread available. Vegetarian lasagna available.

S7: GF pasta and bread available.

**PICNIC:** GF bread and brownies available. Vegetarian baked beans available.

**SNACKS:** GF snickerdoodles, GF chocolate chip cookies, GF brownies, GF indoor s'mores, SF pudding and SF Jell-O

Please see the menu selection form to let the kitchen know how many meals are needed for any dietary restrictions. Other food allergies and concerns can also be listed there.