



EL RANCHITO AT SHIELD RANCH

WEEKLY MENU

At Camp, we recognize food is fuel; that's why we are dedicated to serving the most nutritious and delicious meals. We source seasonal and local ingredients when possible and ensure a wide variety of proteins, fruits & vegetables are available throughout the week to make sure campers are nourished & energized for all of camp's adventures! Please share dietary restrictions/allergies when registering.



SUNDAY

Hot Dogs, Brats & Hamburgers
Cauliflower Mac n Cheese
Three Bean Salad & Greens
Pickles, Onion, Relish & Cheese

MONDAY

"Spaghetti Cake"
Caesar Salad with Artichokes
Roasted Asparagus
Italian Meatballs

TUESDAY

Fajita Night & Enchiladas Suiza
Chicken, Beef & Pork
Grilled Summer Squash & Zucchini
Fresh Guacamole

WEDNESDAY

Breakfast for Dinner
French Toast
Summer Melon & Berry Salad
Bacon, Eggs & Papas

THURSDAY

Sloppy Does
Shield Ranch Venison
Cole Slaw
Potato Salad

FRIDAY

Frito Pies
Homemade Veggie Chili & Corn Chips
Baked Potatoes
Fresh Pico & Avocado Salad