

OUTPOST MENU SELECTION SHEET

Please return to Upham Woods at least 30 days prior to arrival

Name of Group: _____ Date And Time Of Pickup: _____

Number of Participants: Youth _____ Adult _____ Meal Supervisor: _____

Meal Supervisor email: _____

No food service needed; we will be bringing our own food for Outpost

Day 1	Day 2	Day 3	Day 4	Breakfast Selections (Please select one for each day)
				Chocolate chip pancakes, syrup, cereal, fresh fruit. <input type="checkbox"/> Check if you want milk*
				Scrambled eggs, cereal, toast, jelly, fresh fruit. <input type="checkbox"/> Check if you want milk* (First Breakfast Only)
				Bagels, jelly, peanut butter, cereal, fresh fruit. <input type="checkbox"/> Check if you want milk*
				Cereal/oatmeal, toast, fresh fruit. <input type="checkbox"/> Check if you want milk*

*1/2 pint cartons are provided for the 1st breakfast, powdered milk is provided for breakfasts 2-4

Day 1	Day 2	Day 3	Day 4	Lunch Selections (Please select one for each day)
				Hamburger (1), bun, lettuce, tomato, onion, baked beans, chips, fruit drink, trail food item
				Sloppy joe, carrots and celery, chips, fruit drink, trail food item
				Walking tacos (small bag of corn chips, taco meat, salsa, shredded cheese, sour cream), pinto beans, fruit drink, trail food item
				Hot dogs, baked beans, chips, fruit drink, trail food item
				Cold cut sandwiches (2), lettuce, tomato, onion, chips, fruit drink, trail food item
				Grilled ham and cheese (bread, ham, cheese, tomatoes), carrots and celery, chips, fruit drink, trail food item

Day 1	Day 2	Day 3	Day 4	Dinner Selections (Please select one for each day)
				Pudgy pie pizzas (2), cookie, fruit, fruit drink
				Hobo dinner (hamburger, potatoes, carrots & onion in foil), bread, fruit, cookies, fruit drink
				Pie iron tacos (2) (taco meat, shredded cheese, tortillas, lettuce, salsa, sour cream, pinto beans), cookie, fruit, fruit drink
				Campfire chili (meat, kidney beans, pinto beans, onion, green pepper, chili seasoning, stewed tomatoes), fruit drink, fruit and cookie
				Quesadillas in a foil packet, fruit, cookies, fruit drink (taco meat/chicken, shredded cheese, green/red peppers, onions, tortillas, lettuce, salsa, sour cream, pinto beans, foil)

Special Diets, Food Allergies, or Vegetarians: (We must receive this form at least 30 days prior to arrival to honor)

- I have read and understand that the choices I have made for meals will be honored unless all food service forms have not been signed and turned in 30 days prior to arrival. This includes: food service agreement form and outpost menu selection form (summer groups only).
- I understand that all attempts will be made on the part of food service to honor the menu selections, but on rare occasions they may be altered or changed by the food service director.
- Once menus are submitted to food service they may not be changed.
- Ice is available from 7 am to 7 pm.

Agent or group leader signature _____ Date _____

Office Use Only: Date Received: _____ Received By: _____ Sent to Foodservice: _____