

Lunch

***Lunch is served in our air-conditioned dining hall.**

*A hot lunch is served each day along with many additional options including a fresh salad bar, pasta bar, sandwich bar and bagel bar.

*Campers also have a choice of water or "bug juice" (a camp classic!) to drink.

*Black Bear Lake only serves trans-fat free meals and all our items are baked, never fried.

*Campers are free to get a healthy snack from the Snack Shack throughout the day and are given a refreshing ice cream treat in the afternoon.



CAFE BLACK BEAR MENU



(Served Weeks 1, 3, 5, 7)



(Served Weeks 2, 4, 6, 8)

MONDAY

Baked Chicken Breast Sandwich
Potato Smiley Faces
Fresh Fruit

TUESDAY

Macaroni & Cheese
Garlic Bread
Fresh Fruit

WEDNESDAY

Hamburgers
Baked French Fries
Fresh Fruit

THURSDAY

Pizza Day
Caesar Salad
Fresh Fruit

FRIDAY

Breakfast For Lunch
Fresh Fruit

MONDAY

Baked Chicken Fingers
Potato Smiley Faces
Fresh Fruit

TUESDAY

Baked Ziti
Garlic Bread
Fresh Fruit

WEDNESDAY

Turkey Sloppy Joes 
Baked French Fries
Fresh Fruit

THURSDAY

Grilled Cheese
Caesar Salad
Fresh Fruit

FRIDAY

Make Your Own Hoagies
Fresh Fruit

REMEMBER - Every Day Includes:

FRESH FRUIT - EVERY DAY A DIFFERENT FRUIT IS SERVED

INCLUDING WATERMELON, BANANAS, APPLES, PEACHES, & CANTALOUPE

DRINK CHOICE OF "BUG JUICE" AND WATER

SALAD BAR INCLUDES FRESH VEGGIES, POTATO SALAD & COLE SLAW

BAGEL BAR INCLUDES CREAM CHEESE, BUTTER,

SOY BUTTER & JELLY, AND **CHOCOLATE SOY BUTTER**

PASTA BAR WITH A CHOICE OF REGULAR OR **WHOLE GRAIN PASTA**

SANDWICH BAR INCLUDES SOY BUTTER, JELLY, TURKEY, TUNA & AMERICAN CHEESE

CEREAL CHOICE OF **WHOLE GRAIN CHEERIOS** OR **RICE CHEX CEREAL** AND **LOW FAT MILK**

CAFE BLACK BEAR IS PEANUT BUTTER FREE.

EACH SERVING CONTAINS ZERO TRANS FAT AND NOTHING IS FRIED.

AN AFTERNOON ICE CREAM OR ICE POP IS PROVIDED DAILY.

THE SNACK SHACK INCLUDES BAGEL BAR UNTIL 1:00, AND FRESH FRUIT & VEGGIES UNTIL 3:00.



**CHECK OUT
WHAT'S NEW
IN 2010 IN RED!**

"AS ALWAYS, AT BLACK BEAR LAKE THE CHOICE IS YOURS!"

www.blackbearlake.com