

Meal Provided by Parents

Instructions

This is a NUT FREE Trip

We have campers with a Tree Nut Allergy

Questions:

Stacia Hickey; stacia@foxpointchurch.org; 414-352-8990

How It Works



- A family or 2 families sign up to provide a meal by scanning this QR code or use the link below; the menu and setting for the meal are provided;
<https://www.signupgenius.com/go/10C054CA4AF2BA7F94-meals>
- You are supplying food for 40 hungry campers! We've provided some quantity ideas, but if you figure out how much you'd make for 5 people, just multiply that by 8.
- Purchase the food and prepare it in advance of the trip
 - Vegetables for the salad bars are washed, peeled and chopped but not assembled
 - Meats and other hot foods are pre-cooked and placed in disposable aluminum trays with lids so they can be warmed up on site
 - Pack vegetarian items separately
- This document tells you the menu items we need you to provide, however, feel free to be creative and add whatever you think might work with your meal

Important Notes

If you sign up to supply a meal with another family, please be sure to coordinate with them about who is providing which items.

- Package things in aluminum trays and ziplock bags that can get tossed/recycled at the end
 - If an item HAS to be returned to you, be sure to label it with your name
- Storage
 - Load all food items in a cooler WITH ICE. Clearly label it with your name and meal.
 - If you don't have a cooler, let Stacia know ASAP (stacia@foxpointchurch.org)
- For items that don't need to be in a cooler, a box is best, clearly labeled with the meal name
- Bring everything to church Monday, July 14 at 8:15 am
- Condiments and salad dressing are being provided by a parent. You don't need to provide salad dressing, mayo, mustard or ketchup with your meals.
- Fruit and tossed salads are being provided separately for several meals. Unless your meal specifically requests lettuce or tomatoes (for sandwiches for example) don't supply a salad

Apostle Islands Meal Guide

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MONDAY

River Snacks - Just off the rafting trip

Location: Snacks on the go after several hours spent rafting

Options

40 of each:

String cheese

Tube yogurt

Granola bars (nut free)

Small bags of chips (nut free)

Mini gatorades

Mini-bottles of water

Dinner @ St. John Lutheran Church

Meal for 40 people: Meatball Subs & Veggie Burgers

Location: A moderate church kitchen with a small 4-burner stove and an oven tht can hold 4 disposable aluminum casseroles at a time.

Meatballs (240 approx. 6/person)

Red sauce (meat free)

Meatball sub rolls

Parmesan cheese

Red pepper flakes or other seasonings

Veggie Burgers (Morning Star, Dr. Praeger's etc) OR vegetarian meatballs

Sliced mozzarella cheese for the subs

BREAKFASTS for Tuesday, Wednesday, Thursday & Friday

1 at St. John's Lutheran Church, 3 at campsite

80 individual poptarts
2 bags of cuties
30 apples
75 Yogurt tubes (freeze please)
5 gallons of 2% milk
1 large coffee creamer
1 box sugar packets
16 boxes assorted cereals--no nuts!
100 Bagels (please freeze)
3 large strawberry cream cheese
3 large plain cream cheese

TUESDAY

Dinner @ Campsite

Meal for 40 people: Tacos/Taco salads

Location: Campsite cooking over 2-3 camp stoves. We will warm aluminum pans right on the stoves and have saucepans and skillets for use when needed for heating certain items.

Tortillas--90-100

Taco-seasoned ground beef (cooked) (enough for 30-40 tacos)

Chicken for tacos (cooked) (enough for 30-40 tacos)

Black beans (in cans not refried--too hard to clean up)

Grated cheese

Chopped or grated lettuce

Chopped Tomatoes

Chopped Red Onion

Chopped Cilantro

Tortilla chips

Salsas and hot sauces

Sour cream

Guacamole

WEDNESDAY

Lunch @ Campsite

Meal for 40 people: Sandwich Bar, Veggies & Dips, Chips

Location: Campsite

Bread—(6 loaves of 20 slices each) Please box or freeze and store in a cooler (so they don't get smashed)

Lettuce—ready to put on sandwiches

Sliced tomatoes

Sliced cucumbers

Cheese

Sandwich meats (turkey, ham, etc. for 50-60 sandwiches)

Chips (small, individual bags)

Veggie & Dip

Hummus

Dinner @ Campsite

Meal for 40 people: Brats, Hotdogs, Veggie dogs; Potato Chips (variety of kinds), Cookies

Location: Campsite cooking over 2-3 camp stoves. We will warm aluminum pans right on the stoves and have saucepans and skillets for use when needed for heating certain items.

Hot dog bun—Please put in a box or freeze and store in a cooler (so they don't get smashed)

Brats (cooked) 35

Hot dogs (cooked) 35

Chicken tenders (cooked) enough for 10-15 people

Veggie burgers or veggie hot dogs—one package

Sauerkraut

Chopped Tomatoes

Chopped Red Onion

Potato Chips (variety of kinds)

Dessert (something portable—Rice Krispie treats or other but No nuts)

THURSDAY

Lunch @ Campsite

Meal for 40 people: Tortilla wrap Bar (Similar to sandwich bar), Veggies & Dip, Chips

Location: Campsite

Tortillas 80 - 100

Lettuce

Sliced tomatoes

Sliced cucumbers

Cheese (varieties)

Sandwich meats (turkey, ham, etc. for 80+ wraps)

Spreads: ie. spinach/avocado spread, hummus, etc.

Chips (small, individual bags)

Veggies & Dip

Big Beautiful Salad Bars:

Enough accompany the Monday, Tuesday and Wednesday dinners

Bagged lettuce mixes

Assorted vegetables (carrots, celery, red peppers, . . .)

Assorted add ons (olives, croutons, sunflower seeds,)

Shredded cheese

Condiments:

(Various Meals)

Salad Dressings: Ranch, italian, 3 bottles of each

Mayo: 3-4 squeeze bottles

Mustard: 2-3 large squeeze bottles of both yellow and dijon mustards depending on size

Ketchup: 2 large bottles

Fruit:

Enough to accompany the Wednesday and Thursday lunches

Apples (approx. 40-60 apples)

Squeeze Apple Sauce (80-120)

2 bags of cutties