

**SAN ISABEL  
SCOUT RANCH**



**BOY SCOUTS  
OF AMERICA®**  
ROCKY MOUNTAIN COUNCIL



**Dietary Restrictions >>> 2021**

[ROCKYMOUNTAINSCOUTS.ORG](http://ROCKYMOUNTAINSCOUTS.ORG)



Dear Scouts & Scouters,

Thank you for choosing to come to San Isabel Scout Ranch this summer to participate in our summer camp adventures.

An important part of any summer camp experience is dining. We do our best each year to provide a quality and varied menu so that each meal is filling and enjoyable.

We recognize that many who attend our camp have allergies and dietary restrictions that limit much of what they can eat. The purpose of this document is to help with communication between participants and our kitchen staff so that proper information regarding allergies and dietary restrictions can be shared.

Please be aware that submitting this document does not mean that we will fulfill every request listed. We will do our absolute best to provide suitable alternatives, when possible. In instance when we cannot find an exact match, we will contact the individual or their parent / guardian to find other options.

Again, THANK YOU for choosing San Isabel Scout Ranch for your summer adventure!

Yours In Scouting,

A handwritten signature in black ink, appearing to read 'S. Ahlstrom', with a stylized, cursive script.

Samuel Ahlstrom  
Camp Director

# Participant Information

<b>First Name</b>	
<b>Last Name</b>	
<b>Camp</b>	
<b>Session</b>	
<b>Unit #</b>	
<b>Phone #</b>	
<b>Email Address</b>	

*NOTE: Please submit this document with the rest of your medical forms. All medical forms must arrive at the council office in Pueblo, CO no less than 14 days prior to your first day of camp.*

## Sunday

### Breakfast

None

### Lunch

None

### Dinner

Menu	Allergies / Substitutions
Chicken Fried Steak w/ Gravy	
<ul style="list-style-type: none"> <li>• Green Beans</li> <li>• Cole Slaw</li> <li>• Fruit Salad</li> <li>• Bread Roll</li> <li>• White Cake w/ Frosting</li> </ul>	
<i>Drinks</i>	
<ul style="list-style-type: none"> <li>• Fruit Punch</li> <li>• Water</li> </ul>	
<i>Condiments</i>	
<ul style="list-style-type: none"> <li>• Butter</li> </ul>	

# Monday

## Breakfast

Menu		Allergies / Substitutions
<b>Main Course</b>	<b>Drinks</b>	
French Toast Sticks <ul style="list-style-type: none"> <li>• Hash Browns</li> <li>• Fruit Topping</li> <li>• Bacon</li> </ul>	<ul style="list-style-type: none"> <li>• Orange Juice</li> <li>• Milk</li> <li>• Water</li> <li>• Coffee</li> <li>• Tea</li> </ul>	
<b>Condiments</b>	<b>Other</b>	
<ul style="list-style-type: none"> <li>• Syrup &amp; Sugar Free Syrup</li> <li>• Ketchup</li> <li>• Jam</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal</li> <li>• Yogurt</li> <li>• Fresh Fruit</li> <li>• Toast</li> <li>• Oatmeal</li> </ul>	

## Lunch

Menu		Allergies / Substitutions
<b>Main Course</b>	<b>Drinks</b>	
Chicken Strips <ul style="list-style-type: none"> <li>• French Fries</li> <li>• Steamed Collard Greens</li> <li>• Rice Krispy</li> </ul>	<ul style="list-style-type: none"> <li>• Lemonade</li> <li>• Water</li> </ul>	
<b>Condiments</b>	<b>Other</b>	
<ul style="list-style-type: none"> <li>• Ketchup</li> <li>• BBQ</li> <li>• Mustard</li> </ul>	None	

## Dinner

Menu		Allergies / Substitutions
<b>Main Course</b>	<b>Drinks</b>	
Walking Tacos <ul style="list-style-type: none"> <li>• Spanish Rice</li> <li>• Refried Beans</li> <li>• Fruit Salad</li> <li>• Chocolate Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Lemonade</li> <li>• Water</li> </ul>	
<b>Condiments</b>	<b>Other</b>	
<ul style="list-style-type: none"> <li>• Hot Sauce</li> <li>• Salsa</li> </ul>	None	

# Tuesday

## Breakfast

Menu		Allergies / Substitutions
<b>Main Course</b>	<b>Drinks</b>	
Pancake & Sausage Dog <ul style="list-style-type: none"> <li>• Mini Omelet</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Cranberry Juice</li> <li>• Milk</li> <li>• Water</li> <li>• Coffee</li> <li>• Tea</li> </ul>	
<b>Condiments</b>	<b>Other</b>	
<ul style="list-style-type: none"> <li>• Syrup &amp; Sugar Free Syrup</li> <li>• Ketchup</li> <li>• Jam</li> <li>• Salsa</li> <li>• Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal</li> <li>• Yogurt</li> <li>• Fresh Fruit</li> <li>• Bagel</li> <li>• Oatmeal</li> </ul>	

## Lunch

Menu		Allergies / Substitutions
<b>Main Course</b>	<b>Drinks</b>	
Turkey Sandwich <ul style="list-style-type: none"> <li>• Assorted Chips</li> <li>• Fresh Fruit</li> <li>• Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Grape Juice</li> <li>• Water</li> </ul>	
<b>Condiments</b>	<b>Other</b>	
<ul style="list-style-type: none"> <li>• Mayonnaise</li> <li>• Mustard</li> </ul>	None	

## Dinner

Menu		Allergies / Substitutions
<b>Main Course</b>	<b>Drinks</b>	
Sweet-n-Sour Chicken <ul style="list-style-type: none"> <li>• White Rice</li> <li>• Egg Roll</li> <li>• Steamed Broccoli</li> <li>• Apple Crisp</li> </ul>	<ul style="list-style-type: none"> <li>• Lemonade</li> <li>• Water</li> </ul>	
<b>Condiments</b>	<b>Other</b>	
<ul style="list-style-type: none"> <li>• Sriracha Sauce</li> <li>• Soy Sauce</li> </ul>	None	

# Wednesday

## Breakfast

Menu		Allergies / Substitutions
Main Course	Drinks	
Biscuits & Gravy <ul style="list-style-type: none"> <li>O'Brian Potato</li> <li>Scrambled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>Orange Juice</li> <li>Milk</li> <li>Water</li> <li>Coffee</li> <li>Tea</li> </ul>	
Condiments	Other	
<ul style="list-style-type: none"> <li>Ketchup</li> <li>Jam</li> <li>Salsa</li> </ul>	<ul style="list-style-type: none"> <li>Cereal</li> <li>Yogurt</li> <li>Fresh Fruit</li> <li>Toast</li> <li>Oatmeal</li> </ul>	

## Lunch

Menu		Allergies / Substitutions
Main Course	Drinks	
Macaroni & Cheese <ul style="list-style-type: none"> <li>Fruit Cocktail</li> <li>Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Lemonade</li> <li>Water</li> </ul>	
Condiments	Other	
None	<ul style="list-style-type: none"> <li>Crumbled Bacon</li> </ul>	

## Dinner

Menu		Allergies / Substitutions
Main Course	Drinks	
Pizza <i>Little Caesars</i> <ul style="list-style-type: none"> <li>Veggie Sticks</li> <li>Brownie</li> </ul>	<ul style="list-style-type: none"> <li>Lemonade</li> <li>Water</li> </ul>	
Condiments	Other	
<ul style="list-style-type: none"> <li>Ranch</li> <li>Hot Sauce</li> </ul>	None	

# Thursday

## Breakfast

Menu		Allergies / Substitutions
Main Course	Drinks	
Breakfast Sandwich <ul style="list-style-type: none"> <li>• Egg</li> <li>• Ham</li> <li>• Cheese</li> <li>• Hash Browns</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Juice</li> <li>• Milk</li> <li>• Water</li> <li>• Coffee</li> <li>• Tea</li> </ul>	
Condiments	Other	
<ul style="list-style-type: none"> <li>• Ketchup</li> <li>• Jam</li> <li>• Salsa</li> <li>• Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal</li> <li>• Yogurt</li> <li>• Fresh Fruit</li> <li>• Bagel</li> <li>• Oatmeal</li> </ul>	

## Lunch

Menu		Allergies / Substitutions
Main Course	Drinks	
Macaroni & Cheese <ul style="list-style-type: none"> <li>• Fruit Cocktail</li> <li>• Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Lemonade</li> <li>• Water</li> </ul>	
Condiments	Other	
None	<ul style="list-style-type: none"> <li>• Crumbled Bacon</li> </ul>	

## Dinner

Menu		Allergies / Substitutions
Main Course	Drinks	
Hamburgers <ul style="list-style-type: none"> <li>• Lettuce</li> <li>• Tomatoes</li> <li>• Mustard</li> <li>• Mayonnaise</li> <li>• Potato Chips</li> <li>• Baked Beans</li> <li>• Cole Slaw</li> <li>• Peach Cobbler</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit Punch</li> <li>• Water</li> </ul>	
Condiments	Other	
<ul style="list-style-type: none"> <li>• Mayonnaise</li> <li>• Ketchup</li> <li>• Mustard</li> <li>• Relish</li> </ul>	None	

# Friday

## Breakfast

Menu		Allergies / Substitutions
Main Course	Drinks	
Breakfast Burrito <ul style="list-style-type: none"> <li>• Scrambled Eggs</li> <li>• Sausage</li> <li>• Potatoes</li> <li>• Tomato</li> <li>• Bell Pepper</li> </ul>	<ul style="list-style-type: none"> <li>• Orange Juice</li> <li>• Milk</li> <li>• Water</li> <li>• Coffee</li> <li>• Tea</li> </ul>	
Condiments	Other	
<ul style="list-style-type: none"> <li>• Ketchup</li> <li>• Jam</li> <li>• Salsa</li> <li>• Hot Sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal</li> <li>• Yogurt</li> <li>• Fresh Fruit</li> <li>• Toast</li> <li>• Oatmeal</li> </ul>	

## Lunch

Menu		Allergies / Substitutions
Main Course	Drinks	
Ham & Cheese Sandwich <ul style="list-style-type: none"> <li>• Assorted Chips</li> <li>• Fresh Fruit</li> <li>• Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Pink Lemonade</li> <li>• Water</li> </ul>	
Condiments	Other	
<ul style="list-style-type: none"> <li>• Mayonnaise</li> <li>• Mustard</li> </ul>	None	

## Dinner

Menu		Allergies / Substitutions
Main Course	Drinks	
Pork Roast <ul style="list-style-type: none"> <li>• Corn</li> <li>• Green Beans</li> <li>• Salad</li> <li>• Mashed Potatoes &amp; Gravy</li> <li>• Roll</li> <li>• Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>• Pink Lemonade</li> <li>• Water</li> </ul>	
Condiments	Other	
<ul style="list-style-type: none"> <li>• Butter</li> </ul>	None	



# Saturday

## Breakfast

Menu		Allergies / Substitutions
Main Course	Drinks	
Continental <ul style="list-style-type: none"><li>• Fresh Fruit</li><li>• Granola Bars</li><li>• Yogurt</li></ul>	<ul style="list-style-type: none"><li>• Milk</li><li>• Water</li><li>• Coffee</li><li>• Tea</li></ul>	
Condiments	Other	
<ul style="list-style-type: none"><li>• Jam</li></ul>	<ul style="list-style-type: none"><li>• Bagels</li><li>• Muffins</li></ul>	

## Lunch

None

## Dinner

None