

Food and Meals



Breakfast, lunch, and dinner are served in our dining hall. Our well-balanced, kid-friendly meals are planned and prepared daily by our head chef, Tom Farley, and his experienced food service staff. With vegetarian, gluten-free, and dairy-free options, we are happy to accommodate for any special dietary restrictions or allergies. We just ask that you please give us your requests in advance.

Dining Hall Rules

- ☞ Please talk only with the folks at your table (to keep the noise level down)
- ☞ Please take only what you will eat and make sure there is enough for everyone
- ☞ Please be polite by staying quiet during announcements before and after the meals
- ☞ Students are responsible for clearing their own tables and one cabin group per meal will be assigned dining hall wipe-down duty

A typical day's meals at Chapel Rock may look something like this:

Breakfast (7:30–8am)	<i>French Toast Scrambled Eggs Hash Browns Sweet Bread Fresh Fruit, Yogurt, and Granola Bar</i>
Lunch (11:30am–12pm)	<i>Grilled Cheese Tater Tots Salad Bar Desert</i>
Dinner (5pm–5:30pm)	<i>Pasta Bar Meatballs and Marinara Cooked Vegetables Bread Rolls and Butter Salad Bar Desert</i>
Drinks	<i>Fountain Drinks Juice Hot Chocolate Coffee Tea</i>