

SUMMER CAMP SAMPLE MENU

2018

SUNDAY

	SNACK: Check-In	DINNER
	Fruit-(Apples, Bananas, and/or Oranges) Chocolate Chip Cookies Lemonade & Water	Cheese & Pepperoni Calzones, Corn and Marinara Brownies

MONDAY

BREAKFAST	LUNCH	SNACK	DINNER
Pancakes, Syrup and Turkey Sausage	Chicken Quesadillas, Refried Beans, and Salsa	Granola Bars	Garlic and Herb Chicken, White Rice and Vegetable Mix Chocolate Chip Cookies

TUESDAY

BREAKFAST	LUNCH	SNACK	DINNER
Hash Browns and Eggs	Hot Dogs, Mac & Cheese, and Fruit Cocktail	Pretzels & Goldfish	Ground Turkey, Black Beans, Rice, Shredded Lettuce, Shredded Cheese, and Tortillas Churros

WEDNESDAY

BREAKFAST	LUNCH	SNACK	DINNER
French Toast and Turkey Bacon	Cheese and Pepperoni Pizza	Fruit	Baked Potato/Chili Bar Rice Krispy Treats Or *Overnight Dinner

THURSDAY

BREAKFAST	LUNCH	SNACK	DINNER
Biscuits and Gravy, Eggs	Nachos: Chips, Ground Turkey, Cheese, Black Beans and Salsa	Granola Bars	BBQ: Turkey Burgers, Hot Dogs, Watermelon Baked Beans, and Potato Salad Chocolate Chip Cookies

FRIDAY

BREAKFAST	LUNCH	SNACK	DINNER
Homestyle Red Potatoes and Eggs	Chicken Sandwiches, Lettuce, Tomatoes & Tater Tots	Pretzels & Goldfish	Spaghetti, Meatballs, Marinara and Green Beans Brownies

SATURDAY

BREAKFAST	Notes:		
Pancakes, Syrup, Butter & Sausage Cereal & Oatmeal Bar -No Fruit Bar	<ul style="list-style-type: none"> • All breakfasts include a fruit bar, oatmeal and dry cereal (except Sat.) • All lunches and dinners include a salad bar, soup and a soynut butter and jelly sandwich bar. • Milk is available at breakfast and dinner. 		

***OVERNIGHT BREAKDOWN**

Trailblazers: Sandwiches – Soy Nut Butter and Jelly, Turkey/Ham, Granola Bar, Apple/Fruit, Raisins (Orders will be in by Tuesday Lunch)

Explorers: Hobo Packs – Food ready to be packed in Hobo Packs by 2pm in 6” pans – Cut Hot Dog, Broccoli, Chopped Carrots, LOTS of Diced Potato’s, Celery, Diced Onion, (Anything else that is left over from Tuesday meals). Butter and oil to grease foil, Roll of tin foil, Spices (Garlic, Paprika, salt pepper)

Voyagers: Ingredients for Chili (Trip Outfitter helps pack), Fruit, Granola Bar. Breakfast – Pancake Mix