



Sample Menu – Summer Camp

Day	Breakfast	Lunch	Dinner
Sunday			
Monday	Cereal Oatmeal Bagels Cream Cheese/Margarine Fruit/Yogurt Juice/Milk	Tacos Hard & Soft Shells Salsa & Sour Cream Lettuce/Tomato/Cheese Oranges Vegetarian Beans & Vegetarian Taco Meat Lemonade	Beef Stir Fry Rice Tossed Salad Sliced Fruit Dinner Rolls w/ Butter Veggie Stir-Fry Milk
Tuesday	Scrambled Eggs Sausage Patties Biscuits Margarine/Jelly Fruit/Yogurt Juice/Milk	Pepperoni Pizza Cheese Pizza Tossed Salad w/ Ranch Sliced Fruit Fruit Punch	Boneless Pork Chops Mashed Potatoes Gravy Sweet Corn Tossed Salad Dinner Rolls w/ Butter Milk Dessert Veggie Option
Wednesday	Pancakes Turkey Sausage Fruit & Yogurt Plates Juice & Milk Syrup & Butter Oatmeal	Grilled Cheese Tomato Soup Chips Sliced Fruit Veggie Plates w/ Dip	Grilled Chicken Baked Potatoes Butter & Sour Cream Tossed Salad w/ Ranch Sliced Fruit Milk Dessert
Thursday	French Toast Bacon Fruit & Yogurt Juice & Milk Syrup & Butter Organic Honey Puffed Cereal	Sloppy Joes w/ Buns French Fries Condiments Veggie Plates w/ Dip Sliced Fruit Lemonade Veggie Joes	Lasagna Garlic Bread Tossed Salad W/ Italian Sliced Fruit Plain Noodles at Window Milk Dessert
Friday	Cereal Oatmeal Bagels Cream Cheese/Margarine Fruit/Yogurt Juice/Milk (Breakfast Bake)	Farewell Cookout: Grilled Hamburgers Grilled Hot Dogs Veggie Burgers Lettuce/Tomato/ Condiments Baked Beans Pasta Salad Assorted Chips Sliced Watermelon	Hearty Snack: Vegetable Plates w/ Dip Sliced Melon Chips & Pretzels Cheese and Crackers Lemonade Cookies