

SAMPLE ONE-WEEK MENU

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Breakfast Burrito Salsa Sour Cream Fresh Fruit Cereal & Milk	Scrambled Eggs Home Fries with Ham Biscuits Fresh Fruit Cereal & Milk	Ham, Egg & Cheese Bagel Fresh Fruit Cereal & Milk	French Toast w/syrup Bacon Fresh Fruit Cereal & Milk	Scrambled Eggs Hash Browns with Bacon Fresh Fruit Cereal & Milk	Pancakes w/syrup Sausage Fresh Fruit Cereal & Milk	Continental Breakfast Muffins & Cheese Bagel w/Cream Cheese Hardboiled Eggs Fresh Fruit Cereal & Milk
L	Grilled Cheese Tomato Soup Chips Watermelon	Meatball Parm Subs Pasta Salad Italian Ices	Vegetarian Chili Baked Potato Bar w/Cheese, mushrooms, and sour cream	Pizza Minestrone Soup Caesar Salad Garlic Bread Ice Cream	Ham & Cheese San. Turkey Wrap Loaded Potato Soup Onion Rings	BBQ Pork on a bun Steak Fries Cole Slaw	Cold Cut Meats Bar Chicken Noodle Soup Popcorn Ice Cream
D	Fried Chicken Tenders Fries Peas & Carrots Brownies	Chicken Tacos Cheddar Salsa Sour Cream Lettuce Rice Refried Beans Churros	Toasted Turkey w/gravy Mashed Potatoes String Beans Cupcakes	Hamburgers Hot Dogs Corn/Cob Baked Beans Apple Cobbler	Meat Loaf w/gravy Mashed Potatoes Corn Apple Pie	White Ziti Caesar Salad Garlic Bread Ice Cream	Chicken Parmesan Pasta Marinara Caesar Salad Eclairs
Snack	Fresh Fruit String Cheese	Watermelon Cookies	Fresh Fruit Chips/Pretzels	Fresh Fruit String Cheese	Fresh Fruit Brownies	Fresh Fruit Cookies	Fresh Fruit Chips/Pretzels

Milk options	1%, skim, lactose free, soy, almond. Special days will also include 1% chocolate milk.
Breakfast Bar Daily Options	Toast, Bagels, English Muffins, Fresh Fruit, Yogurt, Granola, Oatmeal, Non-Sweet Cereal, a variety of milk choices. For staff: coffee and tea options. On cold days for campers: hot cocoa.
Salad bar items (served at every lunch and dinner)	Romaine Lettuce, Spinach Leaf, Mixed Greens, Shredded Cheddar Cheese, Cherry Tomatoes, Broccoli, Cauliflower, Mushrooms, Mixed Peppers, Carrots, Celery, Sugar Snap Peas, Hard Boiled Eggs, Cottage Cheese, Mandarin Oranges, Dill Pickles, Bread & Butter Pickles, Croutons, Sunflower Seeds, Italian Dressing, Ranch Dressing, French Dressing, Chickpeas, Quinoa, Potato Salad, Fresh Fruit.
➤ Special dietary needs are camper specific and developed with the camper's authorized person or a physician instruction. These menus must be available upon request.	