

Meals		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Daily Breakfast Bar: Oatmeal or Cream of Wheat, Yogurt, Granola, Brown Sugar, Apples, Oranges, Banannas, Raisins, Cantalope, Breakfast Cereals (variety), Bread, Jelly (variety), Peanut Butter - Milk, Juice, Coffee		Biscuits with Sausage Gravy, Hashbrowns, Sausage	Scrambled Eggs, Bacon, Hashbrowns	French Toast, Ham	Pancakes, Cinnamon rolls, Sausage	Breakfast Burritos with Scrambled Eggs, Potatoes, Sausage, diced ham, Hashbrown	
	Daily Lunch Salad Bar: Lettuce, Tomatoes, Cheese, Carrots, Cucumbers, Bacon Bits, Spinach, Mushrooms, Onions, Croutons, Green Peppers, Black Olives, Green Olives, Sunflower Seeds, Diced Ham, Broccoli, Various Dressings - Peanut Butter and Jelly Sandwich Bar - Milk, Juice, Water	Cold-Cut Sandwiches on whole wheat, Sliced Apples or Oranges, Chips, Cookies - <i>(For those arriving via the train or who pre-paid)</i>	Soup (Tomato & Chicken Noodle) with Grilled Cheese Sandwiches, Chips, Cookies	Hamburgers, Fries, Cookies	Chicken Nuggets, Tater Tots, Cookies	Hot Dogs with bun, Chili, Cookies	Macaroni & Cheese with Ham, Rolls, Green Beans, Cookies	TO GO MEAL - Bagles, Cream Cheese, String Cheese, Granola Bars, Fruit - Milk
	Daily Dinner Salad Bar: Same as Lunch Salad Bar Above - Milk, Juice, Water	Oven Roasted BBQ Chicken, Rice Pilaf, Corn, Brownies	Country Fried Steak with Gravy, Mashed Potatoes, Green Beans, Spice Cake	Ground Beef Tacos with Lettuce, Tomatoes, Cheese, Black Olives, Onions) Brownies	Cook In Campsite - (see leaders guide pg 18)	Spaghetti with Meat Sauce, Green Beans, Garlic Bread Stix, Brownies	BBQ Steaks, Au Gratin Potatoes, Rolls, Corn on the Cob, Cake	

The camp cooks will do their best to meet special needs such as minor menu changes for dietary requirements when a **Special Needs Form is submitted** giving details of the need. Campers may have to bring some dietary supplements and food with them.

*Milk is served at every meal

This Menu is Subject to Change

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