

(Sample) Summer Camp Menu

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST		PANCAKES (pancakes, sausage, hot syrup, butter pkts, cold cereal, oatmeal pkts, fruit, milk, oj, water, coffee, hot tea)	SCRAMBLED EGGS (scrambled eggs with ham, ketchup, red hot, salsa, cheese, cold cereal, oatmeal pkts, fruit, milk, oj, water, coffee, hot tea)	FRENCH TOAST (French toast, sausage, hot syrup, butter pkts, cold cereal, oatmeal pkts, fruit, milk, oj, water, coffee, hot tea)
LUNCH		HOT DOGS (hot dogs, hot dog buns, mac & cheese, ketchup, mustard, relish, carrots, celery, ranch, pickles, pretzels, fruit, cookies, lemonade, water)	MEATBALL SUBS (meatballs, buns, parma cheese, mozz cheese, carrots, celery, ranch, pickles, pretzels, fruit, cookies, lemonade, water)	HAM & CHEESE BAGELS (hot ham & cheese bagels, ketchup, mustard, BBQ, carrots, celery, ranch, pickles, potato chips, fruit, cookies, lemonade, water)
DINNER	PASTA (penne pasta, red sauce, meatballs, alfredo, parma cheese, rolls, butter pkts, salad, salad dressing (3), croutons, peppers, cheese, fruit, brownies, coffee, drink, water)	BAKED CHICKEN (baked chicken, corn, scallop potatoes, salad, dressings, croutons, peppers, cheese, fruit, jell-o, lemonade, water, coffee, hot tea)	TACOS (tortillas, taco meat, rice, lettuce, tomato, onion, cheese, sour cream, salsa, salad, dressings, croutons, peppers, cheese, fruit, brownies, lemonade, water, coffee, hot tea)	HAMBURGERS (hamburgers, hamburger buns, baked beans, sliced cheese, lettuce, tomato, onion, ketchup, mustard, mayo, fruit, salad, dressings, croutons, peppers, cheese, fruit, cake, lemonade, water, coffee, hot tea)
SNACK	ICE CREAM CUPS	POPSICLES	RICE KRISPIE TREATS	ICE CREAM CUPS