

## (Sample) Summer Camp Menu

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