



Sample Menu (Van Supported)

	Breakfast	Snack	Lunch	Snack	Dinner	Dessert
M O N	@ Camp	Good Ole Gorp	<u>TL</u> Bread Apples Turkey Mustard / Mayo Cheese Hummus PB & J	Cheese Goldfish	<u>Mexifest</u> Tortillas Onion Chicken Sr Cream Gr Peppers Salsa Shred Ched Oil Taco Seasoning Mexi Rice - 1/2 m Refried Beans	<u>Cocoa</u> Cocoa Moo- 1Tpp
T U E	<u>Ickabrunch</u> Hashbrowns Eggs Shred Ched Green Pepper Onion Oil	Fruit Snacks	<u>TL</u> Bagels Cucumber Nutella Summer Sausage Cheese Hummus PB & J	Chips & Salsa	<u>Grilled Cheese Night</u> Bread American Cheese Tomato Soup Carrots Celery Ranch Dressing Margarine	<u>Dirt & Worms</u>
W E D	<u>Egg McMuffins</u> English Muffins Eggs American Cheese Bacon Oil Oranges Hot Drinks/Sugar/Moo	Animal Crackers	<u>TL</u> Pita Carrots Summer Sausage Cheese Hummus PB & J Tuna & Mayo	Honey Roasted Peanuts & Dr. Apricots	<u>Soup w/Dumplings</u> Chicken Bouillon Onions Carrots Bisquick - 2T pp Rice - 1/2 m Corn (canned) Peas (canned)	<u>Cocoa</u> Cocoa Moo- 1Tpp
T H U	<u>Blueberry Pancakes</u> Pancakes Blueberries Syrup Margarine Breakfast Sausage Applesauce	Granola Bars	<u>TL</u> Tortilla Oranges Nutella Summer Sausage Cheese Hummus PB & J	Good Ole Gorp	<u>Spaghetti</u> Penne Spaghetti Sauce Green Peppers Onions Sun-Dried Tomatoes Parmesan Cheese TVP	Brownie <u>Scramble</u> Brownies M&M mix-ins Oil
F R I	<u>Granola</u> Granola Moo - 2T pp Craisins - 1/2 meal Raisins - 1/2 meal Hot Drinks/Sugar/Moo	Grahams	<u>TL</u> Tortilla or RyeCrisp Dr. Fruit Summer Sausage Cheese Hummus PB & J	Left- overs	@ Camp	n/a