

SAMPLE YOUTH CAMP MENU

B r e a k f a s t	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	French Toast	Scrambled Eggs	Denver Scramble	Pancakes	Cinnamon Rolls/Pastries	Scrambled Eggs	Pancakes
	Scrambled Eggs	Sausage	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Sausage	Scrambled Eggs
	Bacon	Hash browns	Bacon	Sausage	Bacon	Hash browns	Bacon
	Hash browns	Toast/English Muffins	Hash browns	Hash browns	Hash browns	Toast/English Muffins	Hash browns
	Toast/English Muffins	Oatmeal	Toast/English Muffins	Toast/English Muffins	Toast/English Muffins	Oatmeal	Toast/English Muffins
	Oatmeal	Fresh Fruit & Yogurt	Oatmeal	Oatmeal	Oatmeal	Fresh Fruit & Yogurt	Oatmeal
	Fresh Fruit & Yogurt	Cereal	Fresh Fruit & Yogurt	Fresh Fruit & Yogurt	Fresh Fruit & Yogurt	Cereal	Fresh Fruit & Yogurt
	Cereal	Juice	Cereal	Cereal	Cereal	Juice	Cereal
	Juice	Milk	Juice	Juice	Juice	Milk	Juice
	Milk		Milk	Milk	Milk		Milk

L u n c h							
	Soup	Hot Dogs	Cheese Zombies	Chicken Tenders	Chicken Tenders	Chicken Sandwiches	
	Grilled Cheese	Chilli	Fruit	Tator Tots	Tator Tots	French Fries	
	Fruit	Fruit	Veggies	Fruit	Fruit	Fruit	
	Veggies	Veggies	Drinks	Veggies	Veggies	Veggies	
	Drinks	Drinks		Drinks	Drinks	Drinks	
				1/2 rafting sack lunches	1/2 rafting sack lunches		

D i n n e r	Italian Night	Ribs	Asian Night	Beanie Weenie Night	South Of The Border	Pizza Night	Beach BBQ
	Penne Pasta	Ribs	Orange Chicken	BBQ	Enchiladas	Pizza-	Hot Dogs
	Meat Sauce	Potato Salad	Rice	Hot Dogs	Tostada's	Pepperoni	Hamburgers
	Pesto Sauce	Corn on the Cob	Steamed Veggies	Tossed Salad	Burritos	Cheese	Salad - Potato/Macaroni
	Alfredo Sauce	Salad Bar	Salad Bar	Watermelon	Refried Beans	Combo	Watermelon
	Garlic French Bread	Cornbread	Fortune Cookies	Baked Beans	Nachos	Ham/Pineapple	Chili
	Salad Bar	Drinks	Drinks	Drinks	Spanish Rice	Salad	Dessert - Cookies
	Drinks	Dessert - Brownies	Dessert - Cake	Dessert - Cookies	Guacamole, Sour Cream,	Drinks	
	Dessert - Rice Crispy				Salsa, Tomato, Onion,	Dessert - Cake	
	Treats				Lettuce		
					Churros		
					Drinks		
					Dessert - Ice Cream Bars		