

A

WEEK 1

WEEK 3

WEEK 5

WEEK 7

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		OATMEAL WITH FRUIT AND BREAKFAST SAUSAGE	PANCAKES AND FRUIT (YOGURT AVAILABLE)	EGGS AND BACON	DIY YOGURT PARFAITS	FRENCH TOAST AND BERRIES (YOGURT AVAILABLE)	BAGELS WITH CREAM CHEESE, MARGARINE, JAM
MORNING SNACK		FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE
LUNCH		GRILLED CHEESE & SOUP	HARD BOILED EGGS, DELI MEATS, VEGGIES, PITA & HUMMUS	CHICKEN CEASER	SANDWICHES WITH CUT VEGGIES	FISH N CHIPS WITH COLESLAW	BURRITOS WITH SALSA & CORN SALAD
JUICE BREAK	COOKIES & BOWL OF FRUIT W JUICE AND WATER	HUMMUS WITH VEGGIES	APPLE SAUCE OR YOGURT WITH FRUIT	TUCK	CHEESE AND CRACKERS WITH VEGGIES	GRANOLA BARS	CHEESE AND CRACKERS
DINNER	PASTA DINNER WITH CAESAR SALAD	BBQ HAMBURGERS & HOTDOGS	TACOS WITH SALSA & SALAD	BURGERS AND SWEET POTATOES FRIES	BANQUET (ROAST WITH POTATO, VEGGIE) CHOCOLATE MILK	POTATOES SALAD AND SAUSAGES AND VEGGIES	SPINACH & CHEESE RAVIOLI WITH SALAD

*All menu items will have special diet options substituted (i.e. diabetic/low sugar, gluten free, dairy free, etc). For unique special diets, please contact camp to discuss if extra items need to be sent with the participant to camp.

B

WEEK 2

WEEK 4

WEEK 6

WEEK 9

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BAGELS WITH CREAM CHEESE, MARGARINE, JAM (NOT WEEK 2)	OATMEAL WITH FRUIT AND BREAKFAST SAUSAGE	PANCAKES AND FRUIT (YOGURT AVAILABLE)	SCRAMBLED EGGS AND BACON	BREAKFAST SANDWICHES (TOMATO, EGG, CHEESE, BACON)	FRENCH TOAST AND BERRIES (YOGURT AVAILABLE)	
MORNING SNACK	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE (NOT WEEK 2)	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	
LUNCH	CHILI CHEESE DOGS WITH COLD VEGGIES (NOT WEEK 2)	CHICKEN NUGGETS, FRIES & VEGGIES	MAC & CHEESE	SANDWICHES WITH CUT VEGGIES	BURRITOS WITH SALSA & CORN SALAD	PIZZA	
JUICE BREAK	COOKIES & BOWL OF FRUIT W JUICE AND WATER	HUMMUS WITH VEGGIES	APPLE SAUCE OR YOGURT WITH FRUIT	TUCK	CHEESE AND CRACKERS WITH VEGGIES		
DINNER	PESTO PASTA DINNER WITH GARDEN SALAD	QUESIDILLAS WITH VEGGIE BLEND	CHICKEN AND POTATOES WITH CORN ON THE COB	STIR FRY	BANQUET (ROAST WITH POTATO, VEGGIE) CHOCOLATE MILK		

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C

WEEK 8

STAFF TRAINING

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	DIY YOGURT PARFAITS	OATMEAL WITH FRUIT AND BREAKFAST SAUSAGE	PANCAKES AND FRUIT (YOGURT AVAILABLE)	EGGS AND BACON	BREAKFAST SANDWICHES (TOMATO, EGG, CHEESE, BACON)	FRENCH TOAST AND BERRIES (YOGURT AVAILABLE)	Staff Training: For first Friday Evening, Saturday, please see Menu B.
MORNING SNACK	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	FRUIT BOWLS @ FLAGPOLE WITH WATER AVAILABLE	
LUNCH	GRILLED CHEESE & SOUP	CHICKEN NUGGETS, FRIES & VEGGIES	MAC & CHEESE	SANDWICHES WITH CUT VEGGIES	BURRITOS WITH SALSA & CORN SALAD	CHICKEN CAESAR SALAD	
JUICE BREAK	COOKIES & BOWL OF FRUIT W JUICE AND WATER	HUMMUS WITH VEGGIES	LUNCHBOX FRUIT SNACK WITH ACTUAL FRUIT	ICE CREAM	CHEESE AND CRACKERS		
DINNER	PESTO PASTA DINNER WITH GARDEN SALAD	QUESIDILLAS WITH VEGGIE BLEND	CHICKEN AND POTATOES WITH CORN ON THE COB	STIR FRY	BANQUET (ROAST WITH POTATO, VEGGIE) CHOCOLATE MILK		

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