

WINTER CAMP - 2013 - MENU

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T		Scrambled Eggs Sausage Bagel w/cream cheese Cold Cereal Fruit Juices Milk / Hot Cocoa	Blueberry Pancakes w/ syrup & butter Bacon Cold Cereal Fruit Juices Milk / Hot Cocoa	Breakfast Burrito w/ sausage, bell pepper, onion, tomato, cheese and bacon Cold Cereal Fruit Juices Milk / Hot Cocoa	Scrambled Eggs Muffins w/butter Fruit Salad Cold Cereal Milk / Hot Cocoa	French Toast w/ syrup & butter Cold Cereal Fruit Juices Milk / Hot Cocoa
S N A C K		Fresh Fruit Hot Cocoa	Fresh Fruit Hot Cocoa	Fresh Fruit Hot Cocoa	Fresh Fruit Hot Cocoa	Fresh Fruit Hot Cocoa
L U N C H		(Lunch on Trail) Granola Bars Apple or Orange Cheese Crackers Trail Mix Water	Hot turkey sandwiches w/ gravy Celery & Carrot Sticks w/ peanut butter Jello w/ topping milk/bug juice/water	Grilled ham & cheese sandwiches Cole slaw Tomato soup Cookies milk/bug juice/water	Meatball subs w/ sauce & cheese Tater tots Tossed Salad Cake w/ frosting milk/bug juice/water	Cheeseburgers or Fish Burgers w/ buns, tomato, lettuce, onion, mustard, relish ketchup,mayo Assorted Chips Cookies milk/bug juice/water
S N A C K		Chicken & Rice Soup Fresh Fruit Hot Cocoa	Fresh Fruit Hot Cocoa	Fresh Fruit Hot Cocoa	Fresh Fruit Hot Cocoa	Fresh Fruit Hot Cocoa
D I N N E R	Baked Chicken Baked Potato Green Beans Dinner Rolls w/ butter Pie Tarts w/ chocolate pudding & rapsberries milk/bug juice/water	Spaghetti w/ meat sauce Tossed salad Garlic Bread Apple Crisp w/ topping milk/bug juice/water	Meatloaf w/ gravy Real Mashed Potatoes Corn Bread & Butter Pudding w/ topping milk/bug juice/water	American Chop Suey Tossed Salad Garlic Bread Brownies milk/bug juice/water	Beef Stew w/ potato, carrots onions, peas Strawberry Shortcake milk/bug juice/water	Pepperoni Pizza or Cheese Pizza Potato Chips Tossed Salad Ice Cream Sandwiches milk/bug juice/water
S N A C K		Crackers & Cheese Hot Cocoa	Pop corn Hot Cocoa	Trail mix Hot Cocoa	Veggies & dip Hot Cocoa	

We reserve the right to modify the menu without notice.

Updated: Nov 26, 2012

WINTER CAMP - 2013 - STAFF MENU

	SATURDAY	SUNDAY				SATURDAY
B R E A K F A S T		(Breakfast at Bates) Cold Cereal Hot Cereal Donuts Bagel w/cream cheese Milk / Hot Cocoa				Cold Cereal Hot Cereal Donuts Bagel w/cream cheese Fresh Fruit Milk / Hot Cocoa
S N A C K						
L U N C H	Make your own Italians: Rolls, ham, cheese, tomato, onion, pickles, green pepper, olives, Salt, Pepper, oil Chips Cookies milk/bug juice/water	(Lunch w/ Okpik) Lasagna Salad Dessert milk/bug juice/water				
S N A C K						
D I N N E R	DINNER OFF SITE					
S N A C K					Cracker & Cheese Assorted Chips	