

## Weeklong Menu

Camper Name: \_\_\_\_\_ Program Date: 3/27-4/1

Special Diet/Allergies: \_\_\_\_\_

Storage Location (kitchen staff): \_\_\_\_\_

Please note for each meal which menu items your camper will not eat and what they will have instead

GF=Gluten Free SF=Soy Free DF=Dairy Free

Day	Breakfast	Lunch	Dinner
Sun			Pizza Salad (GF/SF/DF)  Cookies
Mon	Eggs Sausage Biscuits Continental Breakfast	Chicken Ceasar Wraps French Fries Salad (GF/SF/DF)	Ground Beef Burritos Beans and Rice, Taco toppings Sweet Potatoes Cake
Tues	Pancakes Bacon Fruit Continental Breakfast	Grilled Cheese Vegetable Soup Salad (GF/SF/DF)	Grilled Chicken Mashed Potatoes Asparagus Ice Cream Sandwiches
Wed	French Toast Sausage  Continental Breakfast	Cheese Quesadillas Beans and Rice	Pasta with Red Sauce Garlic Bread Salad (GF/SF/DF) Brownies
Thurs	Eggs Bacon Homefries Continental Breakfast	Stir Fry Grilled Chicken Rice Vegetables	Burgers Tater Tots Salad (GF/SF/DF) Cookies
Fri	Cinnamon Rolls Continental Breakfast	Chicken Nuggets Mac&Cheese Broccoli Cupcakes	

<b>Staples Always Available in the Kitchen:</b>	Breakfast: Assorted Cereal, Oatmeal, Grits, Poptarts, Bagels, Yogurt Fruit: Apples, Oranges, Applesauce Salad: Lettuce, Tomatoes, Shredded Cheese, Croutons, Carrots, Cucumbers Condiments: Assorted Salad Dressing, Ketchup, Mustard, Mayo, Hot Sauce, BBQ, Salsa Vegetarian: veggie burgers, veggie hot dogs, veggie sausage Gluten Free: bread, pasta Peanut butter and jelly, chicken nuggets, hot dogs, pizza always on hand
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<b>KITCHEN USE--Special Cooking/Serving Instructions:</b>		