

CAMP INFORMATION



Sample Meal Plan

Sunday - Friday

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
SUNDAY					Sloppy Joes/ veggies	S'mores
MONDAY	Scrambled eggs/ bacon/ toast/fruit	Banana Muffins/ Yogurt	Grilled Cheese/ veggies	Muffins/Tuck	Pasta night/ salad/ bread/ desset	Popcorn
TUESDAY	French Toast/Fruit	Pound cake/ yogurt	Chicken soup/salad/ bread	Rice Krispie Squares/ tuck	Taco Night/ dessert	Chips
WEDNESDAY	Muffins/ Oatmeal/ Cereal/Fruit	Cookies/ fruit	Picnic/ sandwiches/ watermelon	Cookies/ tuck	Perogies/ Sauasges/ veggies/ dessert	Crazy Mix
THURSDAY	Pancakes/ Sausages/ Fruit	Squares/ fruit	Mac and Cheese/ peas/carrots	Squares/ tuck	Mashed potatoes/ meatballs/ veggies/ dessert	S'mores
FRIDAY	Sausages/ cinnamon buns/fruit	Cookies/ fruit	Chicken nuggets/ fries/ veggies	Left over snacks/tuck	FAMILY BBQ: Hotdogs/ salads/ dessert	

NOTE: We can make dietary accommodations for children/staff who have dietary restrictions.

~ A fruit bowl will be available at all times ~

SCHEDULE IS SUBJECT TO CHANGE IF ADJUSTMENTS ARE NEEDED.