

CHEROKEE SCOUT RESERVATION

Cub Scout Overnight Camp Menu

<u>Offer Juice of choice (100% juice with vitamin C) at Breakfast each day - 6 oz</u> <u>Offer milk at each meal</u>	<u>MON. BREAKFAST</u> Eggs ½ c Bacon 2s Hash Brown ½ c or 1 Cereal 1 c Fresh Fruit Milk/Juice	<u>TUES. BREAKFAST</u> Pancakes Syrup Sausage Patties 2 Cereal 1c Fresh Fruit Milk / Juice	<u>WED. BREAKFAST</u> Sweet Roll Cereal 1 c Fresh Fruit Milk / Juice	<u>THURS. BREAKFAST</u> Pancakes Syrup Sausage Patties 2 Cereal 1c Fresh Fruit Milk / Juice	<u>FRI. BREAKFAST</u> Eggs ½ c Bacon 2s Hash Brown ½ c or 1 Cereal 1 c Fresh Fruit Milk/Juice	<u>SAT. BREAKFAST</u> I Sweet Roll Cereal 1 c Fresh Fruit Milk / Juice
<u>Offer fresh fruit of choice at lunch daily (apple, orange, banana)</u> Salad bar is available for campers and adults as an alternative.	<u>MON. LUNCH</u> Beef Hot Dogs Chili 1oz. Slaw/Onions Tater Tots Fruit Cocktail Water	<u>TUES. LUNCH</u> Chicken Filet 4oz Bun Lettuce / Tomato / Pickles Harvest Cheddar Sun Chips Chilled Peaches Water	<u>WED. LUNCH</u> Staff Lunch	<u>THURS. LUNCH</u> Beef Hot Dogs Chili 1oz. Slaw/Onions Tater Tots Fruit Cocktail Water	<u>FRI. LUNCH</u> Chicken Filet 4oz Bun Lettuce / Tomato / Pickles Harvest Cheddar Sun Chips Chilled Peaches Water	
<u>SUN. SUPPER</u> Chicken Tenders 3ea BBQ Sauce & Ranch Tater Tots Chilled Pineapple Water	<u>MON. SUPPER</u> Cheese/Hamburger 4 oz Lettuce/Tomato/Pickle Baked Beans ½ c Potato Salad Fresh baked cookies Water/Tea/Fruit Drink	<u>TUES. SUPPER</u> Beef & Cheese Ravioli Tossed Salad 1c Dressing of choice Vegetable Medley ½ c Garlic Toast 1 Chocolate Cake Water/Tea/Fruit Drink	<u>WED. SUPPER</u> Chicken Tenders 3ea BBQ Sauce & Ranch Tater Tots Chilled Pineapple Water	<u>THURS. SUPPER</u> Cheese/Hamburger 4 oz Lettuce/Tomato/Pickle Baked Beans ½ c Potato Salad Fresh baked cookies Water/Tea/Fruit Drink	<u>FRI. SUPPER</u> Beef & Cheese Ravioli Tossed Salad 1c Dressing of choice Vegetable Medley ½ c Garlic Toast 1 Chocolate Cake Water/Tea/Fruit Drink	

*Scouts with special dietary needs should inform the camp of their needs at least 12-days prior to arriving at summer camp. Special needs forms can be found on the Forms page of the camp website – www.csr.camp. The camp leadership will work with the Scout's family to develop a meal plan that meets the Scout's needs.