

Camp La-No-Che: Summer Camp Menu 2023

Meal #	Breakfast	Lunch	Dinner
Sunday			Baked Ham/Turkey Potatoes & Gravy, Stuffing, Green Beans, Yeast Roll, Tossed Salad, Chocolate Chip Brownie, Drinks, Butter
Monday	French Toast, Eggs Bacon & Cheese, Sausage Patties, Fruit, Juice, Milk, Coffee, Tea, Cereal, Oatmeal/Grits	Chicken Fillet Sandwich, Waffle Fries, Mixed Fruit, Tossed Salad, Rice Krispy Treat Drinks	Philly Cheese Steak with grilled onions & peppers, Onion Rings, Oreo Pudding Dessert with Whip Cream, Tossed Salad, Drinks
Tuesday	Breakfast Skillet, Bacon, Hash Brown, Fresh Fruit, Southern Style Biscuit, Milk, Juice, Coffee, Tea Cereal, Oatmeal/Grits	Meatball Sub, Steak Fries, Tossed Salad, Peaches, Freeze Pops, Drinks	Grilled Chicken Bake Potato, Corn, Tossed Salad, Hawaiian Roll, Strawberry Shortcake Bar, Drinks
Wednesday	Belgian Waffle, Syrup, 2 Link Sausages, Fruit, Milk, Juice, Coffee, Tea Cereal, Oatmeal/Grits	Grilled Ham and Cheese sandwich, French Fries, Cole Slaw, Jell-O with Pears, Tossed Salad, Drinks	Orange Chicken, Rice, Chef Cut Vegetable Mix, Vegetarian Egg Roll, Tossed Salad, Peach Cobbler, Drinks
Thursday	Biscuits/Sausage/Gravy Fresh Fruit, Diced Potatoes, Milk, Juice, Coffee, Tea Sausage Patties/Biscuits Cereal, Oatmeal/Grits	Hamburger/Cheese, French Fries, Cole Slaw, Pineapple, Tossed Salad, Drinks	Spaghetti, California Mix, Tossed Salad, Garlic Bread, Italian Ice, Drinks
Friday	Pancakes, Eggs, Texas Smoked Bacon, Hash Brown, Fruit, Juice, Milk, Coffee, Tea, Butter, Jelly, Cereal, Oatmeal/Grits	Sloppy Joe on bun, Loaded Potato Salad, Green Bean Casserole, Corn on Cob, pudding, Tossed Salad, Drinks	Meat loaf, Mashed potatoes, Carrots, tossed salad, Hawaiian rolls, Apple Crisp, Drinks
Saturday	Egg Patty & Sausage with Waffle Biscuit, Choc/BB Muffin, Shredded Fried Potato, Cold Cereal, Oatmeal/Grits Milk, Juice		

Lunch and Dinner's include bug juice and lemonade.

You may add the fountain drinks for an additional \$2.00 per person per meal.

Appropriate condiments for all meals. Individual peanut butter and jelly with bread will be available as requested for lunch and dinner. Oatmeal bar and grits with brown sugar, raisins, cinnamon, and fruit will be offered daily at breakfast. Milk, drinks, coffee, tea, and water will be available at lunch and dinner. **Vegetarian, Vegan, Diabetic, gluten free and Kosher choices are also available.

Reviewed and Approved by Dietician: _____ Date: _____