

	Day 1	Day 2	Day 3	Day 4
Breakfast		Cold Cereal Oatmeal Yogurt Juice Milk	Cold Cereal Oatmeal Yogurt Juice Milk	Campwide
				French Toast Sticks Sausage Syrup Juice Milk
Lunch		Turkey and Cheese Sandwich Chips Cookie Drink Mix	Ham & Cheese Sandwich Chips Fruit Drink Mix	
Dinner	Campwide	Campwide	Foil Dinner	
	Hot Dogs Macaroni & Cheese Pudding Cup Bug Juice, Water	Chicken Tenders Rice Beans Fruit Cup Bug Juice, Water	Hamburger Potatoes, Carrots Fruit Smores Drink Mix	



The Michigan Crossroads Council operates **NUT FREE** dining facilities.

Peanut butter substitute (soy) and jelly is available at all meals upon request.



Salad Bar: May include mixed lettuce, tomatoes, olives, peppers, pickles, beets, chick peas, banana peppers, cucumbers, eggs, diced ham, cheese, croutons, bacon bits, cottage cheese, macaroni/pasta salad, fruit (pineapple, pears, peaches, mandarin oranges), dressings (Ranch, Italian, French, Thousand Island)

Hand Fruit: May include apples, oranges, bananas, or grapes

Drinks: May include 1% milk, coffee, tea, water, gatorade, fruit punch, lemonade, apple juice, or orange juice

Dessert: May include cookies, jello, krispie treat, brownie, cakes, pie, cobbler, ice cream, popcicle, pudding, or fruit snacks

* Menu is Subject to Change