

## RFSR 2024 Menu

Camper Weeks	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b> Fruit, yogurt, & cereal Milk & Juice served every morning		Pancake on a Stick (2)	chicken biscuit w/ hashbrowns	cinnamon roll / donuts	French Toast w/ Bacon	Biscuits & Gravy w/ hashbrowns	Muffins w/ milk & juice
<b>Lunch</b> small salad & dressing served w/ each meal PB&J bar available Fresh Fruit available		taco salad frito chips corn dessert	Pulled Pork BBQ baked beans chips Ice Cream	bacon cheeseburger fries dessert	Corn dog mac-n-cheese dessert	sub sandwiches chips cookie  (sack lunches for APEX)	
<b>Dinner</b> small salad & dressing served w/ each meal PB&J bar available Fresh Fruit available	pizza salad cookies	spaghetti garlic bread green beans dessert	Chicken Strips cheesy potatoes dessert	meatball sub chips dessert cut fresh fruit	chicken noodles green beans mashed potatoes dinner roll	country fried steak mashed potatoes carrots dessert	