

CHEROKEE SCOUT RESERVATION Summer Camp Menu

<p><u>Offer Juice of choice (100% juice with vitamin C) at Breakfast each day - 6 oz</u></p> <p><u>Offer milk at each meal</u></p>	<p><u>MON. BREAKFAST</u></p> <p>Eggs ½ c Bacon 2s Hash Brown ½ c or 1 Cereal 1 c Fresh Fruit Milk/Juice</p>	<p><u>TUES. BREAKFAST</u></p> <p>Pancakes Syrup Turkey Sausage Patties 2 Cereal 1c Fresh Fruit Milk / Juice</p>	<p><u>WED. BREAKFAST</u></p> <p>Eggs ½ c Bacon 2s Hash Brown ½ c or 1 Cereal 1 c Fresh Fruit Milk/Juice</p>	<p><u>THURS. BREAKFAST</u></p> <p>French Toast Sticks 3 Turkey Sausage Patties 2s Hash Brown ½ c or 1 Cereal 1 c Fresh Fruit Milk/Juice</p>	<p><u>FRI. BREAKFAST</u></p> <p>Scrambled Eggs ½ c Bacon 2s Biscuits 1 Butter / Jelly Grits ½ c Cereal 1c Fresh Fruit Milk / Juice</p> <p>All leaders will have a special breakfast at the Dining Hall Shelter!!!</p>	<p><u>SAT. BREAKFAST</u></p> <p>T</p> <p>Sweet Roll Cereal 1 c Fresh Fruit Milk / Juice</p>
<p><u>Offer fresh fruit of choice at lunch daily (apple, orange, banana)</u></p> <p>Salad bar is available for campers and adults as an alternative.</p>	<p><u>MON. LUNCH</u></p> <p>Pulled Chicken BBQ 4oz Bun Cole Slaw Tater Tots 1c Chilled Pears Water/Tea/Fruit Drink</p>	<p><u>TUES. LUNCH</u></p> <p>Chicken Fajitas 4oz Lettuce/Tomato/Cheese/Sour Cream Black Beans Spanish Rice Rice Krispie Treats Water</p>	<p><u>WED. LUNCH</u></p> <p>Beef Hot Dogs 2 ea Chili 1oz. Slaw/Onions French Fries Fruit Cocktail Water</p>	<p><u>THURS. LUNCH</u></p> <p>Chicken Filet 4oz Bun Lettuce / Tomato / Pickles Harvest Cheddar Sun Chips Chilled Peaches Water</p>	<p><u>FRI. LUNCH</u></p> <p>Chicken Tenders 3ea BBQ Sauce & Ranch Waffle Fries Chilled Pineapple Water</p> <p>All senior patrol leaders will have a special lunch at the Headquarters.</p>	
<p><u>SUN. SUPPER</u></p> <p>Glazed Ham 4 oz Macaroni & Cheese ½ c Green Beans ½ c Yeast Roll Apple Blossom ½ c Water/Tea/Fruit Drink</p>	<p><u>MON. SUPPER</u></p> <p>Chicken Parmesan 4 oz Tossed Salad 1c Dressing of choice Vegetable Medley ½ c Garlic Toast 1 Tiramisu ½ c Water/Tea/Fruit Drink</p>	<p><u>TUES. SUPPER</u></p> <p>Cheese/Hamburger 4 oz Lettuce/Tomato/Pickle Baked Beans ½ c Potato Salad Fresh baked cookies Water/Tea/Fruit Drink</p>	<p><u>WED. SUPPER</u></p> <p>Country Style Steak /Gravy 4oz Rice ½ c Green Beans ½ c Roll Blackberry Cobbler ½ c Water/Tea/Fruit Drink</p>	<p><u>THURS. SUPPER</u></p> <p>Family Night Supper in campsites Alternative meal available in Dining Hall Lasagna 4 oz Tossed Salad 1c Dressing of choice Vegetable Medley ½ c Garlic Toast 1 Chocolate Cake Water/Tea/Fruit Drink</p>	<p><u>FRI. SUPPER</u></p> <p>Roast Beef 4 oz Mashed Potatoes ½ c Gravy Steamed Carrots ½ c Yeast Roll Banana Pudding Water/Tea/Fruit Drink</p>	

*Scouts with special dietary needs should inform the camp of their needs at least 12-days prior to arriving at summer camp. When registering your Scout in Black Pug, please list dietary needs in the space provided. The camp leadership will work with the Scout's family to develop a meal plan that meets the Scout's needs.