

CHEROKEE SCOUT RESERVATION Cub Scout Overnight 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>Sweet Roll Cereal 1 c Fresh Fruit Milk / Juice</p>	<p><u>THURS. BREAKFAST</u></p> <p>Pancakes Syrup Turkey Sausage Patties 2 Cereal 1c Fresh Fruit Milk / Juice</p>	<p><u>FRI. 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>SAT. BREAKFAST</u></p> <p>I</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>Beef Hot Dogs 2 ea Chili 1oz. Slaw/Onions French Fries Fruit Cocktail Water</p>	<p><u>TUES. LUNCH</u></p> <p>Chicken Filet 4oz Bun Lettuce / Tomato / Pickles Harvest Cheddar Sun Chips Chilled Peaches Water</p>	<p><u>WED. LUNCH</u></p> <p>Staff Lunch</p>	<p><u>THURS. LUNCH</u></p> <p>Beef Hot Dogs 2 ea Chili 1oz. Slaw/Onions French Fries Fruit Cocktail Water</p>	<p><u>FRI. LUNCH</u></p> <p>Chicken Filet 4oz Bun Lettuce / Tomato / Pickles Harvest Cheddar Sun Chips Chilled Peaches Water</p>	
<p><u>SUN. SUPPER</u></p> <p>Chicken Tenders 3ea BBQ Sauce & Ranch Waffle Fries Chilled Pineapple Water</p>	<p><u>MON. 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>TUES. SUPPER</u></p> <p>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>WED. SUPPER</u></p> <p>Chicken Tenders 3ea BBQ Sauce & Ranch Waffle Fries Chilled Pineapple Water</p>	<p><u>THURS. 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>FRI. SUPPER</u></p> <p>Lasagna 4 oz Tossed Salad 1c Dressing of choice Vegetable Medley ½ c Garlic Toast 1 Chocolate Cake 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. 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.