

R-C Resident Camp

Summer - 2021 Week 1

	<u>BREAKFAST</u>	<u>LUNCH</u>	<u>DINNER</u>
FRI	Staff	<i>REGULAR SESSION MEALS BEGIN</i>	
	Pancakes w/ syrup Eggs Scrambled Bacon	Pizza Celery, Carrots, Broccoli	Spaghetti and Meatballs French Bread Green Beans
	GF: VEG:	GF: VEG:	GF: VEG:
SAT	Biscuits and Gravy Eggs Fruit	Sloppy Joes Curly Fries Fruit Salad	Sliced Hawaiian Ham Rice Peas Cookie
	GF: VEG:	GF: VEG:	GF: VEG:
SUN	Waffles Scrambled Eggs w/onion and bell pepper Sausage Links	Chicken Nuggets Tator Tots Mixed Vegetables	Tacos Refried Beans Nolde Soup Mexican Corn
	GF: VEG:	GF: VEG:	GF: VEG:
MON	<i>REGULAR SESSION MEALS END</i>	Staff	<i>SPECIAL SESSION MEALS BEGIN</i>
	Sausage Eggs Cinnamon Rolls	Tuna Sandwiches Egg Sandwiches Cheese and Crackers Chips	Shredded Pork Sandwiches Baked Beans Coleslaw Cookie
	GF: VEG:	GF: VEG:	GF: VEG:
TUES	Frech Toast Sticks Eggs Bacon	Fish Sticks Chips Jello Pack	Swedish Meatballs Egg Noodles Peas
	GF: VEG:	GF: VEG:	GF: VEG:
WED	Egg McMuffin Sausage/Ham/or Bacon Hashbrown Patty	Corn Dogs Cheese Sticks Veggie Fruit	Fried Chicken Scalloped Potatoes Green Beans Biscuit Brownie
	GF: VEG:	GF: VEG:	GF: VEG:
THU	<i>SPECIAL SESSION MEALS END</i>	Staff	<i>Staff</i>
	Frenh Toast Scrambled Eggs Sausage Links	Chicken Patty Sandwich French Fries Veggie Platter	Enchiladas Refried Beans Corn Cake
	GF: VEG:	GF: VEG:	GF: VEG:
EVERYDAY	<u>BREAKFAST BAR</u> Fresh Salsa Shredded Cheese & Cottage Cheese Canned Fruit / Whole Fruit Assorted Cold Cereals Oatmeal Packets Toasted White & Whole Wheat Breads w/ PBJ Assorted Juices & Skim Milk	<u>SALAD BAR & SOUP</u> Iceberg Lettuce & Spring Mix Fresh Cut Vegetables Shredded Cheeses & Cottage Cheese Assorted Dressings & Toppings PB&J Bar w/ White & Whole Wheat Breads Whole Fruit Assorted Juices & Skim Milk Pasta, Rice or Grain Salad	<u>SALAD BAR & SOUP</u> Iceberg Lettuce & Spring Mix Fresh Cut Vegetables Shredded Cheeses & Cottage Cheese Assorted Dressings & Toppings PB&J Bar w/ White & Whole Wheat Breads Whole Fruit Assorted Juices & Skim Milk Pasta, Rice or Grain Salad