

CAMP SAY: Sample Menu - Campers give Camp SAY's menu rave reviews each summer. Campers can always find something they love to eat and fresh fruit, salad bars and added veggie meal options provide healthy choices that taste amazing!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast Orange Juice Cereal Bars Scrambled Eggs Toast & Jelly Fresh Fruit Milk	Orange Juice Cereal Bars French Toast & Syrup Toast & Jelly Fresh Fruit Milk	Orange Juice Cereal Bars Eggs & Biscuit Sandwich Toast & Jelly Fresh Fruit Milk	Orange Juice Cereal Bars Pancakes & Syrup Toast & Jelly Fresh Fruit Milk	Orange Juice Cereal Bars Scrambled Eggs Toast & Jelly Fresh Fruit Milk	Orange Juice Cereal Bars Bagels & Cream Cheese Toast & Jelly Fresh Fruit Milk	Orange Juice Cereal Bars Eggs & Biscuit Sandwich Toast & Jelly Fresh Fruit Milk
Lunch Make Your Own Sub Bar Tuna Salad Egg Salad Lettuce & Tomato Wraps, Bread & Rolls Fresh Fruit Beverages & Milk	Chili Veggie Chili Rice Salad Bar Bread & Rolls Chips & Salsa Fresh Fruit Beverages & Milk	Chicken Nuggets Veggie Nuggets French Fries Salad Bar Bread & Rolls Fresh Fruit Beverages & Milk	Chicken Caesar Wrap Veggie "Chicken" Salad Bar Wraps, Bread & Rolls Hummus & Chips Fresh Fruit Beverages & Milk	Grilled Cheese Sandwich Sliced Tomato Salad Bar Wraps, Bread & Rolls Soy Cheese Chips/Salsa Fresh Fruit Beverages & Milk	Turkey Sandwich Lettuce & Tomato Grilled Vegetables Carrot Salad Salad Bar Wraps, Bread & Rolls Chips & Hummus Fresh Fruit Beverages & Milk	Hot Dogs Veggie Hot Dogs Baked Beans Potato Salad & Cole Slaw Salad Bar Bread & Buns Fresh Fruit Cake Beverages & Milk
Dinner Hamburgers Veggie Burger French Fries Lettuce & Tomato Salad Bar Fresh Fruit Cookies Apple Juice Beverages & Milk	Grilled Chicken Veggie Cutlets Corn on Cob Broccoli Salad Bar Bread/Rolls Fresh Fruit Fruit Tart Apple Juice Beverages & Milk	Baked Ziti Grilled Veggies Salad Bar Rolls & Garlic Bread Fresh Fruit Pudding Apple Juice Beverages & Milk	Tacos Veggie Tacos Corn Niblets Shredded Lettuce Salad Bar Bread/Rolls/Soft Tortilla Fresh Fruit Apple Crumble Apple Juice Beverages & Milk	Spaghetti & Meat or Veggie Sauce Salad Bar Garlic Bread & Rolls Fresh Fruit Apple Juice Cake Beverages & Milk	Chicken Patty Veggie Patty French Fries Lettuce & Tomato Salad Bar Rolls & Bread Fresh Fruit Apple Juice Peach Crumble Beverages & Milk	Fried Chicken Jimmy's Special Rice Veggie Stuffed Cabbage Broccoli Salad Bar Fresh Fruit Apple Juice Fruit Tart Beverages & Milk