

## Canyon Camp Menu 2023 - Menu A

Weeks 1, 3, & 5

### Breakfast

### Lunch

### Dinner

#### SUNDAY

Roast Beef Slice  
Mashed Potato w/ Gravy  
Hearty Vegetable & Dinner Roll  
Cookie / Ice Cream  
Milk - Coffee - Tea

#### MONDAY

|                       |                         |                     |
|-----------------------|-------------------------|---------------------|
| French Toast          | Chicken Patty w/ Bun    | Ham Slice           |
| Sausage Patty         | Fries                   | Macaroni and Cheese |
| Fresh Fruit / Yogurt  | Hearty Vegetable        | Salad Bar           |
| Cold Cereal           | Fruit                   | Dessert             |
| Juice - Milk - Coffee | Kool Aid - Coffee - Tea | Milk - Coffee - Tea |

#### TUESDAY

|                       |                                |                                |
|-----------------------|--------------------------------|--------------------------------|
| Oatmeal               | <b><i>Campsite Cooking</i></b> | <b><i>Campsite Cooking</i></b> |
| Fresh Fruit / Yogurt  | Brat w/ Bun                    | Spaghetti w/ Sauce             |
| Cold Cereal           | Ketchup / Mustard / Relish     | Garlic Bread                   |
| Blueberry Muffin      | Potato Chips                   | Salad w/ Dressing              |
| Juice - Milk - Coffee | Fruit Snack                    | Cookie                         |
|                       | Capri-Sun - Coffee             | Kool-Aid - Coffee              |

#### WEDNESDAY

|                                |                      |                            |
|--------------------------------|----------------------|----------------------------|
| <b><i>Campsite Cooking</i></b> |                      | <b><i>Family Night</i></b> |
| Pancakes / Syrup               | Italian Meatball Sub | Barbeque w/ Bun            |
| Turkey Bacon                   | Hearty Vegetable     | Salad Choices              |
| Apple Slices                   | Fruit                | Relish Tray / Potato Chips |
| Cereal Bar                     | Dessert              | Cake / Ice Cream Cup       |
| Juice - Milk - Coffee          | Milk - Coffee - Tea  | Kool Aid - Coffee          |

#### THURSDAY

|                              |                         |                         |
|------------------------------|-------------------------|-------------------------|
| Cheese Omelet/Canadian Bacon | Pizza                   | Rigatoni w/ Meat Sauce  |
| Fresh Fruit / Yogurt         | Chips                   | Bosco Cheese Breadstick |
| Cold Cereal                  | Hearty Vegetable        | Salad Bar               |
| Juice - Milk - Coffee        | Applesauce Cup          | Dessert                 |
|                              | Kool Aid - Coffee - Tea | Milk - Coffee - Tea     |

#### FRIDAY

|                                     |                          |                         |
|-------------------------------------|--------------------------|-------------------------|
| <b><i>Paul Bunyan Breakfast</i></b> | Chicken Noodle Casserole | Cheeseburgers           |
| Pancake / Sausage Link              | Hearty Vegetable         | Potato Chips            |
| Cinnamon Sugar                      | Fruit                    | Hearty Vegetable        |
| Orange                              | Dessert                  | Sweet Churros           |
| Hot Chocolate - Coffee              | Milk - Coffee - Tea      | Kool Aid - Coffee - Tea |

#### SATURDAY

Cinnamon Roll  
Cold Cereal  
Juice - Milk - Coffee

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Bread / Butter / Jelly upon request