Group: Camp Roy Crooked Creek Menu, Week one *See summary of menu on review page- Carol Witte, RDN* Carol Witte, RD.

	SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
BREAKFAST		PAX	PAX	PAX	PAX	PAX	PAX	
Main		Baked Pcakes, Hormel sausage links, syrup	Scr. Eggs w/ diced Hormel ham & cheddar, smashed brown potatoes	Baked French tst, Hormel sausage patties, strawberry syrup	Cowboy frittata w/ bacon, egg, sausage & potato, coffee cake	Biscuits, sausage gravy, shredded hash browns	Cinnamon roll, oatmeal	
Fruit		Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	
Juice		Aj, coffee, milk	Oj, coffee, milk	Pog, coffee, milk	Aj, coffee, milk	Oj, coffee, milk	Pog, coffee, milk	
		Cold cereal, yogurt	Cold cereal, yogurt	Cold cereal, yogurt	Cold cereal, yogurt	Cold cereal, yogurt	Cold cereal, yogurt	
LUNCH								
Main	Staff lunch	Blackened chx, cheese, potato chips, Cr of tomato basil soup	Beef frank, steak fries, cauliflower, cheese sauce	Chx breast, mozza, marinara, potato wedges, lettuce	Baked potato, 3 meat chili, cheese sauce, broccoli	Beef patty, Am chs, lettuce, tomato, corn chips, broccoli salad	No meal	
Salad		Salad/ PB&J bar	Salad/ PB&J bar	Salad/ PB&J bar	Salad/ PB&J bar	Salad/ PB&J bar		
Bread		Tortilla wrap	Hot dog bun	Hamburger bun	Corn bread	Hamburger bun		
Beverage		Fruit punch, H2O	Fruit punch, H2O	Fruit punch, H20	Fruit punch, H20	Fruit punch, H20		
Fruit		Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit		
DINNER								
Main	Beef Pot rst, mashed potatoes, gravy, grilled corn	Penne w/ chx & Ital. sausage, marinara sauce, garlic green beans	Mexi, ground beef, frijoles, Spanish rice, shred lettuce & cheese, salsa	Hormel pulled pork, BBQ sc. Baked beans, maple slaw	Teriyaki chicken, rice, Asian vegetable blend,	Rst Hormel pork loin, rst potatoes, pan gravy, brown sugar carrots		
Salad	Salad/ PB&J bar	Salad/ PB&J bar	Salad/ PB&J bar	Salad/ PB&J bar	Salad/ PB&J bar	Salad/ PB&J bar		
Bread	Pan bread	Bread sticks	Taco shells	biscuit		Cheese bread		
Dessert	Chocolate cake	Ice cream cup	churro	Apple crisp	Orange cream bar	Choc. Brownie		
Beverage	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk		
Fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit		
SNACKS								

Group: Camp Crooked Creek menu, Week two *See summary of menu on review page- Carol Witte, RDN* Carol Witte, RD.

	SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
BREAKFAST		PAX	PAX	PAX	PAX	PAX	PAX	
Main		French toast bake, Hormel sausage links, apple syrup	Scr. Eggs, diced potatoes & sliced sausage, oatmeal	Baked choc chip Pcakes, Hormel sausage patties, syrup	Baked cheese omelet, sliced Hormel ham, tstd English muffin	Biscuits, sausage gravy, shredded hash browns	Cinnamon roll, oatmeal	
Fruit		Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	
Juice		Aj, coffee, milk	Oj, coffee, milk	Pog, coffee, milk	Aj, coffee, milk	Oj, coffee, milk	Pog, coffee, milk	
		Cold cereal, yogurt	Cold cereal, yogurt	Cold cereal, yogurt,	Cold cereal, yogurt	Cold cereal, yogurt	Cold cereal, yogurt	
LUNCH								
Main	Staff lunch	Beef sloppy Joe, corn chips, broccoli salad	Beef frank, steak fries, cauliflower, cheese sauce	meatballs, mozza, marinara, potato chips,	Cowboy 3 meat chili, cheese sauce, tater tots,	Chx breast, Am chs, lettuce, tomato, potato chips, mac salad		
Salad		Salad/PB&J bar	Salad/PB&J bar	Salad/PB&J bar	Salad/PB&J bar	Salad/PB&J bar		
Bread		Hamburger bun	Hot dog bun	Hoagie bun	Corn bread	Hamburger bun		
Beverage		Fruit punch, H2O	Fruit punch, H2O	Fruit punch, H2O	Fruit punch, H2O	Fruit punch, H2O		
Fruit		Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit		
DINNER								
Main	Beef Pot rst, mashed potatoes, gravy, grilled corn	Chicken penne Alfredo, garlic green beans	Chicken fajitas w/ peppers & onions, frijoles, Spanish rice, shred lettuce & cheese, salsa	Hormel pulled pork, BBQ sauce, baked beans, maple slaw	Orange chicken, fried rice, broccoli	Rst Hormel pork loin, rst potatoes, pan gravy, brown sugar carrots		
Salad	Salad/PB&J bar	Salad/PB&J bar	Salad/PB&J bar	Salad/PB&J bar	Salad/PB&J bar	Salad/PB&J bar		
Bread	Pan bread	Bread sticks	Flour tortilla	Hamburger bun		Cheese bread		
Dessert	Chocolate cake	Ice cream cup	churro	Apple crisp	Orange cream bar	Choc. Brownie		
Beverage	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk		
Fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit		
SNACKS								