



# Menu For

Eco Camp

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Breakfast:  
Pancakes  
Breakfast Ham  
Bananas  
Grape Juice or Milk

Lunch: Baked  
Potato Build  
Assorted Toppings  
Fruit Cocktail  
Water or  
Lemonade

Dinner:  
Popcorn Chicken,  
Roasted Corn, &  
Mashed Potato  
Bowl  
Twin Pop  
Water or Fruit  
Punch

Animal Crackers

Breakfast:  
Cereal/Granola  
Build  
Yogurt  
Assorted Fruits &  
Toppings  
Apple Juice or Milk

**\*\*\*PACK LUNCH**  
**Ham on Pretzel  
Bun**  
**Granola Bar**  
**Peach**  
**Cheese Crackers**  
**Bottled Water**  
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**Camp Cookout**  
**Hotdogs**  
**Potato Crisps**  
**Cool Cucumber**  
**Salad**

S'mores

Breakfast:  
French Toast  
Turkey Bacon  
Strawberries  
Orange Juice or  
Milk

Lunch: Breaded  
Chicken Sandwich  
Pickle Spear  
Corn Chowder  
Pear Halves  
Water or  
Lemonade

Dinner:  
Penne Pasta Bake  
with Meatballs  
Garlic Toast  
Side Salad  
Brownie  
Water or Fruit  
Punch

Cheese Crackers

Breakfast:  
Scrambled Eggs  
Hash Brown  
Orange Wedge  
Apple Juice or Milk

Lunch:  
Personal Cheese  
Pizza  
Coin Carrots  
Pineapple Cup  
Water or  
Lemonade

Dinner:  
Camp Foil Pack  
Tuck 'ins  
Ham  
Green Beans  
Baby Potatoes  
Chocolate Chip  
Cookie  
Water or Fruit  
Punch

Vanilla Wafers

Alternatives:  
**Breakfast:**  
**Cereal can be  
substituted for  
any Breakfast  
Carbohydrate**

**Lunch/Dinner:**  
**Wow Butter &  
White bread  
sandwich can be  
substituted for  
any Protein.**

**\*\*\*Camp Swatara  
is a nut & tree nut  
free facility.**

Pretzels