



Menu For

Maples

S

M

T

W

T

F

S

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

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