

Group: Camp Owasispe Menu, Week two

	SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							Campers
Main	Tues leaders add: Brats (1), watermelon (1), cookie	French toast bake, Hormel sausage links (3), apple syrup	Scr. Eggs(4oz), diced potatoes (4oz) & sliced sausage (2oz), pears	Baked blueberry Pancakes, Hormel sausage patties (2), syrup, peaches	Baked cheese omelet (4.5 oz.), sliced Hormel ham (2oz), tstd English muffin(1)	Biscuits (2), sausage gravy (1 cup), shredded hash browns (4oz) apple sauce	Cinnamon rolls, Staff: scrambled eggs, cinnamon roll, sausage links
Fruit		Hand fruit/ cereal	Hand fruit/ cereal	Hand fruit/ cereal	Hand fruit/ cereal	Hand fruit/ cereal	Hand fruit/ cereal
Juice		Aj, coffee, milk	Oj, coffee, milk	Pog, coffee, milk	Aj, coffee, milk	Oj, coffee, milk	Pog, coffee, milk
Dietary		Gf FT/ veg sub	No meat	GF Pck/ meat sub	Gf bun, pineapple	Gf bread/ no meat	
LUNCH	Staff Brunch						At Sc and BH only
Main	Staff Brunch, chicken patty waffles, scr eggs, hash browns, feature items	Beef sloppy Joe (1cup), corn chips, broccoli salad (½ cup)	Beef patty (1.5), Am chs, lettuce, potato chips, baby carrots (8)	Meatballs (6), mozza (1oz), marinara (1/4 cup), potato wedges (4oz),	Cowboy 3 meat (1 ¼ cup) chili, cheese sauce (¼ cup), steak fries (4oz),	Chx breast (1), Am chs, lettuce, potato chips, mac salad (½ cup)	Staff: beef frank (2), mac & cheese (1 cup), salad
Salad		Salad bar	Salad Bar	Salad bar	Salad bar	Salad bar	
Bread		Hamburger bun (1)	Hamburger bun	Hoagie bun (1)	Corn bread	Hamburger bun	Hot dog bun (2)
Dietary		Gf bun/ veg sloppy	Gf bun/ veg patty	GF bun/ tofu baked in marinara	Veg chili	GF bun/ grilled portabella	
Beverage		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	
DINNER							
Main	Meatloaf (6oz), mashed potatoes (1 cup), gravy (¼ cup), grilled corn (2oz)	Chicken (2oz) penne (2.5 rw) Alfredo (½ cup), garlic green beans (2oz)	Chicken fajitas (4oz) w/ peppers & onions (1oz), frijoles (1/2 cup), Spanish rice (1 cup), shred lettuce & cheese (1oz), salsa (½ cup)	Steak Night w/ baked potato, corn on the cob, salad w/ ranch	Orange chicken (5oz), fried rice (1 cup), broccoli (2oz)	Carved baked ham (5oz), rst potatoes (4oz), pan gravy (¼ cup), brown sugar carrots (3oz)	Build your own sub, potato chips
Salad	Salad bar	Salad bar	Salad bar		Salad bar	Salad bar	
Bread	Pan bread	Bread sticks (1)	Flour tortilla (2)			Cheese bread	Hoagie bun
Dessert	Chocolate cake	Ice cream cup	churro	Choc chip cookie	Bomb pop jr	Choc. pudding	
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	
Dietary	Bean loaf	Gf pasta/ no meat	Corn tort/ no meat	Eggplant steak	Orange zucchini	Baked tofu	