

SAMPLE MENU

BREAKFAST

All meals are and/or food items are subject to change at anytime

Monday:

Waffles and syrup, toast, bagels and cream cheese, cereal and fruit, instant oatmeal

Tuesday:

English muffin, sausage and cheese, toast, cereal and fruit, instant oatmeal

Wednesday:

Hard boiled eggs, toast, waffles and syrup, cereal and fruit, instant oatmeal

Thursday:

English muffin, sausage and cheese, bagels and cream cheese, cereal and fruit,
instant oatmeal

Friday:

Bagels and cream cheese, cereal and fruit

Saturday:

Donuts, fruit

Accompaniments (every morning):

Butter, jelly, milk, juice, coffee, tea



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LUNCH

All meals are and/or food items are subject to change at anytime

Monday:

Choice of sliced turkey, ham, or roast beef, variety of cheese, white or wheat bread, chips and granola bar

Tuesday:

Choice of sliced turkey, ham, or roast beef, variety of cheese, white or wheat bread, chips or crackers

Wednesday:

Choice of sliced turkey, ham, or roast beef, variety of cheese, white or wheat bread, chips and Oreo cookies

Thursday:

Choice of chicken salad, tuna salad or seafood salad, tortilla wrap, variety of cheese, chips or crackers, and Rice Krispies treat

Accompaniments (every day):

- Peanut butter
- Jelly
- Mayonnaise
- Mustard
- Leaf lettuce
- Sliced tomatoes
- Bottled water or fruit drink
- Fruit choice
- Lunch sacks



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DINNER

All meals are and/or food items are subject to change at anytime

Sunday: Surprise

Meal provided by the local cosponsor

Monday: Western Night

Pulled pork sandwich, corn, and fudgecicles

Tuesday: No dinner provided

All groups have free tie to sample the local fare

Wednesday: Italia

Sspaghetti, marinara sauce, meat sauce, garlic bread, and dream bars

Thursday: Mexican Fiesta

Hard taco shells, flour tortillas, seasoned browned beef, nacho cheese and chips, shredded cheese, lettuce, tomatoes, onions, refried beans, sour cream, salsa, and cookies

Alternates Meals:

(meals are dependent on sufficient oven space)

- Pizza—to be determined per location vendors
- Sloppy Joes
- Lasagna—meat lasagna, vegetable lasagna, green beans, bread

Accompaniments (every evening):

- Salad bar
- Tomato
- Broccoli
- Carrot sticks or celery sticks
- Variety of bottled dressings
- Salt and pepper
- Water
- Lemonade or fruit punch
- Lettuce



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DINNER EXTRAS

All meals are and/or food items are subject to change at anytime

Accompaniments (every evening):

- Salad bar:** tossed lettuce salad mix, cherry tomatoes, sliced cucumbers, shredded carrots, low-fat cottage cheese, shredded cheddar cheese, croutons, ranch dressing, Italian dressing.
- Nightly Beverages:** coffee, regular and decaffeinated, hot tea, white milk and chocolate milk, both 1%.
- Other meal choices:** white bread, peanut butter, jelly, sandwich meat, mustard, ketchup, mayonnaise.
- Condiments:** coffee creamer, equal packets, sugar packets, margarine.

