

Boy Scouts of America Dietitian Signed Camp Menus

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
***WG Pb and J's must be provided all day for campers	breakfast casserole: turkey sausage, egg, and cheese	WG breakfast sandwich (eggs, ham, low-fat cheese)	WG waffles/ fruit topping	scrambled eggs/ ham	WG french toast/ warm apple topping	continental	
	WG biscuits, applesauce	Hashbrown	turkey sausage links	breakfast potatoes	turkey sausage links	cereal cups	
	yogurt bar- greek yogurt, fruit, nuts, seeds	oatmeal bar: fruit, nuts, seeds	Yogurt or smoothie Bar- fruit, yogurt, seeds	oatmeal bar: fruit, nuts, seeds	yogurt bar- greek yogurt, fruit, nuts, seeds	bananas	
	whole fruit water/ low fat milk	whole fruit water/ low fat milk	whole fruit water/ low fat milk	whole fruit water/ low fat milk	whole fruit water/ low fat milk	water/ low fat milk whole fruit	water/ low fat milk whole fruit
					Masters' Breakfast: steak, eggs, hashbrown fruit salad grilled okra or asparagus water/ low fat milk		
Lunch							
WG turkey and cheese hoagies carrots and ranch fruit salad WG tortilla chips/ salsa salad bar water	Whole grain quesadilla lettuce/tomatoes/salsa rice and black beans cut fruit salad bar water	sloppy joes- WG baked chips cole slaw orange slices salad bar water/ low fat milk	grilled ham and cheese- WG bread baked beans tomato soup cut fruit salad bar water	chicken nuggets- WG pasta salad hot non-starchy vegetables cut fruit salad bar water	buffalo chicken sandwich, WG bun celery/ bleu cheese and ranch pretzels apple sauce salad bar water		
Dinner							
roasted chicken breast baked potato cooked broccoli whole fruit black bean brownies salad bar water/ low fat milk	roast beef and gravy brown rice peas whole or cut fruit jello salad bar water/ low fat milk	turkey wild rice green beans whole or cut fruit pudding salad bar water/ low fat milk	mexican chicken bake salsa cooked corn and peas WG tortilla chips salad bar whole or cut fruit banana bar with chocolate chips, nut butter, sprinkles, marshmallows, etc. water/ low fat milk	WG pasta meatballs mixed veggies sliced watermelon salad bar water/ low fat milk	Pack Out: BBQ pork WG burger buns corn fruit salad fresh veggies and ranch fruit ice water/ low fat milk		

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Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		WG pancakes Ham or Turkey Bacon	cheesy eggs turkey sausage links	(turkey sausage, egg, cheese) breakfast potatoes	WG waffles/ warm apple topping turkey sausage links	breakfast burritos-WG tortillas eggs, salsa, cheese hashbrown	continental breakfast attached page
	yogurt bar- greek yogurt, fruit, nuts, seeds	oatmeal bar: fruit, nuts, seeds	*Smoothie Bar- fruit, greek yogurt, seeds	oatmeal bar: fruit, nuts, seeds	yogurt bar- greek yogurt, fruit, nuts, seeds		whole fruit
	whole fruit	breakfast potatoes	whole fruit	low fat yogurt	whole fruit		water or low fat milk
	water or low fat milk	biscuits- WG	water or low fat milk	whole fruit	water or low fat milk		
		whole fruit water or low fat milk				Masters' Breakfast: steak eggs grilled okra or asparagus hashbrowns fruit salad and whole fruit water or low fat milk	
Lunch		ham and cheese on WG pretzel roll	WG grilled cheese	burgers and dogs with WG rolls	chicken nuggets- WG	Whole grain quesadilla/ salsa	Extra Meal: WG buns/BBQ Pork
	meatball subs- WG Broccoli and ranch dressing WG corn tortilla chips	warm carrots coleslaw	tomato soup baked beans	peas baked chips	pasta salad cauliflower	Rice and black beans broccoli	baked beans/ coleslaw fruit ice
	fruit salad salad water	cut fruit salad water	cut fruit salad water	cut fruit salad water	cut fruit salad water	cut fruit salad water	cold veggies or salad whole or cut fruit water/ low fat milk
Dinner		Baked ziti	Tacos on WG tortillas	salisbury steak and gravy	roast turkey and gravy	BBQ pork	Pack Out: Lean ground beef potatoes, onion, peppers, carrots green beans
	mashed potatoes green beans	lean ground beef cooked broccoli	corn on the cob black beans jello and whipped cream	wild rice cooked carrots	sweet potatoes green beans	WG burger buns corn	
	sorbet salad	pudding salad	cream salad	black bean brownies salad	pudding salad	fruit salad cucumbers and ranch fruit ice	watermelon jello/ whipped cream
	whole or cut fruit	whole or cut fruit	whole or cut fruit	whole or cut fruit	whole or cut fruit	water/ low fat milk	water/ low fat milk
	water/ low fat milk	water/ low fat milk	water/ low fat milk	water/ low fat milk	water/ low fat milk	water/ low fat milk	water/ low fat milk

