

Lindley G. Cook 4-H Camp

Sessions 1, 3 and 5



Camp Menu

Menu is subject to change

**Day 9
Monday**

**Day 10
Tuesday**

**Day 11
Wednesday**

**Day 12
Thursday**

**Day 13
Friday**

**Day 14
Saturday**

Breakfast

Breakfast Bar is available with yogurt, fruit, and granola, cottage cheese cereal

Breakfast Burrito Home Fries Milk Hot Cocoa Juice	Pancakes Sausage Links Milk Hot Cocoa Juice	Scrambled Eggs Ham Milk Hot Cocoa Juice	French Toast Bacon hash browns Hot Cocoa Juice, milk	Breakfast Buffet Cereal Milk Hot Cocoa Juice
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Vegetarian Option	none	none	none	Bagels	Oatmeal	none
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Lunch The salad bar will be available at all Lunches	Chicken Nuggets Fries Caesar Salad Plums water/Juice	Mac & Cheese Broccoli Rolls brownies Peaches water/Juice	Deli Subs Lettuce, Tomatoes Chips, Pickles Apples water/Juice	Chicken Fajitas with lettuce, tomato peppers,onions Oranges water /Juice	Sloppy Joes chips Cucumber salad Mixed Fruit water/Juice	STAFF LUNCH
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Vegetarian Option	Veggie Nuggets	Plain Pasta / marinara	none	Veggie Wrap	Eggplant Parm Subs
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Dinner The salad bar will be available at all Dinners	Tacos Lettuce, tomato, Cheese Salsa,sour cream Fiesta Rice water/Juice	Baked Chicken Mashed Potatoes Gravy, Biscuits Corn Apple Crisp water/Juice	Hamburger/ Hot Dog macaroni or potato salad chips Lettuce / Tomato watermelon water/Juice	Spaghetti / meatballs in Marinara Garlic Bread brownies Mixed Vegetables water/Juice	Turkey, Stuffing Mashed Potatoes Green Beans, Gravy Cranberry Sauce Dinner Rolls Ice Cream water/Juice
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Vegetarian Option	Veggie Tacos	Veggie Chic Parm	Garden Burger Tofu Pups	Pasta Marinara	Tofurkey
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Evening Snack	Smores	Sun chips	Oreos or Rice Krispy Treats	Italian Ices or Frozen Fruit Pops	Pretzels
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