

Camp Middlesex – Weeks 1, 4, and 7 Menu – 23.1

***Note: Meals are subject to change**

MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST *All meals have cereal and breakfast bar options with fruit, yogurt, milk and juice		Pancakes w/ Fruit Topping Sausage Fruit	Scrambled Eggs Toast Hash Browns Fruit	French Toast Stix Sausage Fruit	Blueberry Coffee Cake Fruit	Waffles Home Fries Fruit	(Trip Day – After week 4) Cereal and bagels Donuts Fruit
LUNCH *All meals have salad bar option with milk and juice. Peanut Butter & Jelly also offered.	Brunch Omelets Bagels Home Fries Toast	Grilled Cheese Tomato Soup Crackers Potato Chips Vegetables	Pretzel Melts Ham & Cheese on a pretzel bun Pasta Salad Vegetables	Chicken Nuggets Fries Vegetables	BLTs Lettuce Tomatoes Cheese Vegetables	Plain or Veggie Pizza Macaroni Salad Vegetables	Trip Lunch Cold Cut Sandwiches Chips Vegetables
DINNER *All Meals have salad bar option with milk and juice. Peanut Butter & Jelly also offered.	Spaghetti with Meatballs Garlic Bread Vegetables Pudding with Whipped Cream	Baked Chicken Rice Vegetables Bread & Butter Cookies	Fiesta Night! Tacos Burritos Cheese/Beef Vegetables Fixings Strawberry Short Cake	COOKOUT Hamburgers Hotdogs Corn on Cob Baked Beans Pasta Salad Ice Cream	Shephard's Pie Vegetables Rolls 3 Milk Cake	Chicken Parm Rice Vegetables Rolls Congo Bars	Lasagna Vegetables Ice Cream

Camp Middlesex – Weeks 2, 5, and 8 Menu – 23.1

***Note: Meals are subject to change**

MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST *All meals have cereal and breakfast bar options with fruit, yogurt, milk and juice		Pancakes Sausage Fruit	Scrambled Eggs Toast Hash Browns Fruit	French Toast Sausage Fruit	Puffed Pastry Turnover Fruit	Bagels with a Variety of Spreads Fruit	(Trip Day – After weeks 2 & 8) Cereal and Bagels Donuts Fruit
LUNCH *All meals have salad bar option with milk and juice. Peanut Butter & Jelly also offered.	Brunch Omelets Bagels Home Fries Toast Fruit	Chicken Patty on a Bun Peas	Chilli & Corn Bread Rice Vegetables	Popcorn Chicken Vegetable Soup Tator Tots Vegetables	Chicken Fajitas with Sides Vegetables	Plain or Veggie Pizza Potato Salad Vegetables	Trip Lunch Cold Cut Sandwiches Chips Vegetables
DINNER *All Meals have salad bar option with milk and juice. Peanut Butter & Jelly also offered.	Ziti w/ Plain or Meat Sauce Garlic Bread Vegetables Rice Krispie Treats	Sweet & Sour Meatballs Rice Vegetables Apple Crisp	BBQ Keilbasa Mac & Cheese Vegetables Cookies	COOKOUT Hamburgers Hotdogs Corn on Cob Baked Beans Pasta Salad Ice Cream	Turkey Mashed Potatoes Stuffing Rolls Cake	Barbecue Pulled Pork Cornbread Vegetables Congo Bars	Trip Dinner Lasagna Vegetables Ice Cream

Camp Middlesex – Weeks 3, 6, and 9 Menu – 23.1

***Note: Meals are subject to change**

MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST *All meals have cereal and breakfast bar options with fruit, yogurt, milk and juice		Pancakes with Fruit Topping Sausage Fruit	Scrambled Eggs Toast Hash Browns Fruit	French Toast Stix Sausage Fruit	Cinnamon Rolls Fruit	Waffles Home Fries Fruit	(Trip Day – After week 6) Cereal and bagels Donuts Fruit
LUNCH *All meals have salad bar option with milk and juice. Peanut Butter & Jelly also offered.	Brunch Omelets Bagels Home Fries Toast Fruit	Grilled Cheese Tomato Soup Vegetables	Chilli Cheese Dogs French Fries Vegetables	Chicken Tenders French Fries Cole Slaw	BLTs Lettuce Tomato Cheese Vegetables	Plain or Veggie Pizza Potato Salad Vegetables	Trip Lunch Cold Cut Sandwiches Chips Vegetables
DINNER *All Meals have salad bar option with milk and juice. Peanut Butter & Jelly also offered.	Chicken Alfredo Garlic Bread Broccoli Pudding with whipped cream	General Tso's Breaded Chicken Rice Vegetables Brownies	Fiesta Night! Quesidillas Tacos Cheese/Beef Vegetables Fixings Pie Night!	COOKOUT Hamburgers Hotdogs Baked Beans Pasta Salad Ice Cream	Steak & Cheese Sub Waffle Fries Vegetables Carrot Cake	Honey Mustard Ham Baked Potato Dinner Rolls Congo Bars	Trip Dinner Lasagna Vegetables Ice Cream