



## Cornell Cooperative Extension Jefferson County

### 4-H Camp Wabasso Typical Menu

**We offer low fat white and/or chocolate milk with every meal. Water is also always available.**

**The breakfast bar/sandwich bar provides cereal, bagel, and bread options made with whole grains that have 3 or more grams of fiber per serving.**

**We use local foods as much as possible in preparing meals.**

**We accommodate food allergies.**

#### **Sunday**

##### Dinner

*Thanksgiving Theme*

Roast Turkey

Stuffing

Mashed Potatoes w/ Gravy

Green Beans

Rolls

Apple Crisp

Salad Bar (spinach/lettuce, peppers, mushroom, tomatoes, carrots, dressings, cottage cheese, yogurt etc)

#### **Monday**

##### Breakfast

Eggs

Bacon and/or sausage

Roasted Potatoes

Assortment of cereals, granola, muffins, bagels, oatmeal and bread

Assorted fruit

Yogurt or Cottage Cheese

Assortment of Toppings (butter, cream cheese, jam, syrup, brown sugar, hot sauce, salsa etc.)

##### Lunch

Grilled Cheese/Grilled Ham and Cheese

Tomato or Chicken Noodle Soup

Mixed Fruit Cup

Baked Chips

Salad Bar

Sandwich Bar (white/wheat bread, lunch meats, cheese, mayo, mustard, etc.)

## Dinner

### *Italian Theme*

#### Pasta Bar

-noodles: spaghetti, rotini, penne

-sauce: Alfredo, pesto, tomato

-toppings: meatballs, sautéed mixed veggies (zucchini, mushrooms, carrots)

Broccoli

Garlic Bread

Canned Pears

Salad Bar

## **Tuesday**

### Breakfast

Pancakes w/ syrup or fresh fruit compote

Bacon and/or sausage

Assortment of cereals, granola, muffins, bagels, oatmeal and bread

Assorted fruit

Yogurt or Cottage Cheese

Assortment of Toppings (butter, cream cheese, jam, syrup, brown sugar, hot sauce, salsa etc.)

### Lunch

BBQ Chicken Sandwich on whole wheat bun with lettuce and tomato

Steamed carrots

Baked beans

Cornbread

Canned Peaches

Sandwich bar/Salad bar

## Dinner

### *Taco Tuesday – Build Your Own Taco*

-hard or soft shell

-shredded chicken or beef

-toppings: cheese, lettuce, tomatoes, onion, sour cream, salsa

Mexican Corn Salad

Mandarin oranges

Salad Bar

## **Wednesday**

### Breakfast

Breakfast Sandwich (egg, bacon or sausage, cheese on whole wheat English muffin)

Assortment of cereals, granola, muffins, bagels, oatmeal and bread

Assorted fruit

Yogurt or Cottage Cheese

Assortment of Toppings (butter, cream cheese, jam, syrup, brown sugar, hot sauce, salsa etc.)

## Lunch

Macaroni and Cheese  
Whole Wheat Roll  
Green Beans & Tomatoes  
Sandwich/Salad Bar

## Dinner

### *Hawaiian Theme*

Teriyaki Chicken with pineapple  
Steamed rice  
Steamed mixed veggies  
Tropical coleslaw  
Salad Bar

## **Thursday**

### Breakfast

French Toast with syrup or fresh fruit compote  
Bacon and/or sausage  
Assortment of cereals, granola, muffins, bagels, oatmeal and bread  
Assorted fruit  
Yogurt or Cottage Cheese  
Assortment of Toppings (butter, cream cheese, jam, syrup, brown sugar, hot sauce, salsa etc.)

## Lunch

Chicken tetrazzini  
Garlic Texas Toast  
Roasted Zucchini and Squash  
Applesauce  
Sandwich/Salad Bar

## Dinner

### *Summer Picnic/Cookout Theme*

Hamburgers or hot dogs  
Potato Salad  
Macaroni Salad  
Baked Beans  
Tossed Salad  
Worms in Dirt

## **Friday**

### Breakfast

Cheese Omelet Wrap (egg, cheese, veggies, tortilla)  
Bacon and/or sausage  
Assortment of cereals, granola, muffins, bagels, oatmeal and bread  
Assorted fruit  
Yogurt or Cottage Cheese  
Assortment of Toppings (butter, cream cheese, jam, syrup, brown sugar, hot sauce, salsa etc.)

Lunch

Pizza (cheese, veggie, pepperoni)

Veggie Dippers (raw broccoli, carrots, tomatoes with ranch dressing)

Salad Bar

**Afternoon Snack Schedule**

Monday – cinnamon applesauce, pretzels, water

Tuesday – Mozzarella cheese stick, grapes, water

Wednesday – whole grain crackers, cheese cubes, apple slices

Thursday – graham crackers, yogurt, berries

\*Prepared by Jacqueline Graf, MS, RD

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U.S. Army Dietitian

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CCE Jefferson County

Registered Dietitian

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