4H Camp Wabasso Typical Menu

We offer low fat milk and/or chocolate milk with every meal. Water is also always available. 100% juice is offered at breakfast.

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.

Snack schedule is below meal menu.

We accommodate food allergies.

Sunday

Dinner
Mac and Cheese
Chicken nuggets / tenders
Broccoli / Carrots
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 (spinach/lettuce, peppers, mushroom, tomatoes, carrots, dressings, cottage cheese, yogurt etc)
Sandwich Bar (white/wheat bread, lunch meats, cheese, mayo, mustard, etc)
Dinner
Italian Theme Night
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 (spinach/lettuce, peppers, mushroom, tomatoes, carrots, dressing, cottage cheese, yogurt, etc)

Tuesday

Breakfast
Pancakes w/ syrup or fresh fruit compote
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**
Chicken and Broccoli Alfredo
Whole Wheat Roll
Carrot Sticks / Hummus
Sandwich/Salad Bar

**Dinner**
Hawaiian Theme Night
Teriyaki Chicken with pineapple
Steamed rice
Steamed mixed veggies
Tropical coleslaw
Salad Bar

**Thursday**

**Breakfast**
French Toast with syrup or fresh fruit compote
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 (3/4 cup), pretzels (1/2-3/4 cup), water
Tuesday – Mozzarella stick (1 oz), grapes (3/4 cup), water
Wednesday – whole grain crackers (5-7 crackers), cheese cubes (1 oz), apple slices (1/2 cup)
Thursday – graham crackers (2 crackers), yogurt (4 oz), berries (3/4 cup)

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