

# ROCK LAKE JUNIOR CAMP 2018 MENU

|                     | Breakfast  | Lunch  | Supper   |
|---------------------|--|--|--|
| Jul 22<br>Sunday    |  | Salad<br>*Grilled Meatball Pizza Sandwiches<br>French Fries<br>Cheese Puffs<br>Juice Boxes | Salad<br>*Supreme Pizza Casserole<br>Italian Style Mixed Vegetables<br>Buns<br>*Banana Split Dessert<br>Juice Boxes                            |
| Jul 23<br>Monday    | Pancakes with Berries & Cream<br>Cooked Ham<br>Monkey Bread<br>Fresh Fruit<br>Milk                 | Salad<br>*Hot Dog! It's Macaroni<br>Potato Salad<br>Watermelon<br>Five Alive               | Salad<br>*Honey Garlic Chicken Strips<br>Rice<br>Peas & Corn<br>Buns<br>*Yummy Waffle Cup Dessert<br>Juice Boxes                               |
| Jul 24<br>Tuesday   | *Tomato Bacon Rerebit<br>Hash Brown Patties<br>Fresh Fruit<br>Milk                                 | Salad<br>*Rainbow Spirals<br>Onion Rings<br>Melon Pieces<br>Grape Juice                    | Salad<br>*Italian-Style Meatloaf<br>Mashed Potatoes<br>Mixed Vegetables<br>Buns<br>*Ice Cream Sandwich Cake<br>Juice Boxes                     |
| Jul 25<br>Wednesday | *Fruit Waffles a la Mode<br>Sausages<br>Potato Cubes<br>Fresh Fruit<br>Milk                        | Salad<br>*Jiffy Pizza<br>Curly Fries<br>Alphagetti<br>Apple Juice                          | Salad<br>Hamburgers<br>Hot Dogs<br>Steak Fries<br>Baby Blend Mixed Vegetables<br>*Red, White & Blue Sundae<br>Juice Boxes                      |
| Jul 26<br>Thursday  | Pancakes with Syrup<br>Ham Slices<br>Potato Pancakes<br>Fresh Fruit<br>Milk                        | Salad<br>*Jiffy Tacos<br>Tater Tots<br>Fruit Bowl<br>Orange Juice                          | Salad<br>*Spaghetti & Meat Sauce with<br>Meatballs<br>California Mixed Vegetables<br>Garlic Toast<br>*Grasshopper Ice Cream Pie<br>Juice Boxes |
| Jul 27<br>Friday    | French Toast<br>Ham, Sausage & Bacon Combo<br>Hash Browns<br>Fresh Fruit<br>Milk                   | Salad<br>*Barbecue Chicken Sliders<br>*Deviled Eggs<br>Potato Wedges<br>Grape Juice        | Salad<br>Build a Bun<br>Vegetable Soup<br>Macaroni Salad<br>Potato Chips<br>RLC Fun Bars<br>Juice Boxes  |
| Jul 28<br>Saturday  | Meal 34<br>Cold Breakfast<br>. . . Cereal<br>. . . Fruit Cup<br>. . . Fruit Cup<br>. . . Juice Box |  |  |