

Camp Sunrise Menu

Teen Camps

July 2023

●Contains Gluten ●Contains Dairy

| Sunday Breakfast | Sunday Lunch | Sunday Supper |
|---|--|--|
| <i>Staff Only</i> | <i>Staff Only</i> | Chicken Tenders● Mac and Cheese●● Green Beans Salad (<i>ranch</i> ●) Peaches, Pears, or Pineapple Water |
| Monday Breakfast | Monday Lunch | Monday Supper |
| French Toast● (<i>syrup, honey, butter</i> ●) Bacon Water, Apple Juice, Milk●, Hot Drinks | Hamburgers● (<i>ketchup, mustard, mayo, pickles, onion</i>) Potato chips Apple Sauce Coconut Oatmeal Cookies●● Water, Lemonade | Baked Ziti●● (<i>parm</i> ●) Salad (<i>ranch</i> ●) Rolls● (<i>butter</i> ●, <i>honey</i>) Pear Crisp● (<i>Whipped Topping</i>) Water |
| Tuesday Breakfast (<i>Hobo Breakfast</i>) | Tuesday Lunch | Tuesday Supper |
| Toast● (<i>grape jelly, apple butter, butter</i> ●) Bacon Eggs (<i>salt and pepper</i>) Milk●, Water, Coffee, Apple Juice | Sloppy Joes● Fritos Carrots, Celery (<i>Ranch</i> ●) Peaches, Pears, or Pineapple Water, Lemonade | Taco Salad● (<i>ground beef, lettuce, beans, corn, jalapenos, tomatoes, tortilla chips, grated cheese</i> ●, <i>ranch dressing</i> ●, <i>salsa, sour cream</i> ●) Jello Cake●● (<i>prepare in AM</i>) Water |
| Wednesday Breakfast | Wednesday Lunch | Wednesday Supper (<i>Campfire Deck</i>) |
| Coffee Cake●● (<i>prepare night before</i>) Sausage Scrambled Eggs● Water, Milk●, OJ, Hot Drinks | Sandwiches● (<i>deli meat, slice cheese</i> ●, <i>mayo, mustard</i>) Potato Chips Cinnamon Rolls● Water, Lemonade | Tin Foil Dinner (<i>Hamburger meat, potatoes, carrots, onions, green beans</i>) Rolls● Brownies●● Water |
| Thursday Breakfast | Thursday Lunch (<i>at the pavilion</i>) | Thursday Supper |
| Biscuits● and Gravy●● Grapes Water, Milk●, Apple Juice, Hot Drinks | Hot Dogs● (<i>onions, ketchup, mustard, relish</i>) Doritos Peaches Baked Beans Cowboy Cookies●● Water, Lemonade | Spaghetti● (<i>use ziti noodles, parm</i> ●) Salad (<i>ranch</i> ●) Rolls● (<i>Butter</i> ●, <i>Honey</i>) Banana Splits● Water |
| Friday Breakfast | Friday Lunch | Friday Supper |
| Breakfast Muffins● Vanilla Yogurt●, granola Bananas Water, Milk●, OJ, Hot Drinks | Pizza●● Fruit Water, Lemonade | <i>Staff Only</i> |

Please note: Menu may be subject to change based on current availability of ingredients.