



Menu For Sprouts I

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Breakfast:
Pancakes
Breakfast Ham
Bananas
Grape Juice or
Milk

Lunch: Baked
Potato Build
Assorted Toppings
Fruit Cocktail
Water or
Lemonade

Dinner:
Popcorn Chicken,
Roasted Corn, &
Mashed Potato
Bowl
Twin Pop
Water or Fruit
Punch

Animal Crackers

Breakfast:
Cereal/Granola
Build
Yogurt
Assorted Fruits &
Toppings
Apple Juice or Milk

*****PACK LUNCH**
Ham on Pretzel
Bun
Granola Bar
Peach
Cheese Crackers
Bottled Water

Alternatives:
Breakfast:
Cereal can be
substituted for
any Breakfast
Carbohydrate

Lunch/Dinner:
Wow Butter &
White bread
sandwich can be
substituted for
any Protein.

*****Camp Swatara**
is a nut & tree nut
free facility.

Pretzels