



Menu For Sprouts II

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S'mores

Breakfast:
French Toast
Turkey Bacon
Strawberries
Orange Juice or
Milk

Lunch: Breaded
Chicken Sandwich
Pickle Spear
Corn Chowder
Pear Halves
Water or
Lemonade

Dinner:
Penne Pasta Bake
with Meatballs
Garlic Toast
Side Salad
Brownie
Water or Fruit
Punch

Cheese Crackers

Breakfast:
Scrambled Eggs
Hash Brown
Orange Wedge
Apple Juice or Milk

Lunch:
Personal Cheese
Pizza
Coin Carrots
Pineapple Cup
Water or
Lemonade

Dinner:
Taco Build
Brown Rice
Ice Cream Sandy
Water or Fruit
Punch

Vanilla Wafers

Breakfast:
Baked Oatmeal
Sausage Links
Apple
Grape Juice or
Milk

Lunch: 3 cheese
Melt on Wheat
Tater Tots
Applesauce
Water or
Lemonade

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.**