



# Menu For Monarch I

| S  | M   | T   | W   | T   | F   | S  |
|--|---|---|---|---|---|--|
| Dinner:<br>Cold Cut<br>Sandwich Platter,<br>Tortilla & Dip<br>Jello Cup<br>Punch | Breakfast:<br>Pancakes<br>Breakfast Ham<br>Bananas<br>Grape Juice or<br>Milk<br><br>Lunch: Baked<br>Potato Build<br>Assorted Toppings<br>Fruit Cocktail<br>Water or<br>Lemonade<br><br>Dinner:<br>Popcorn Chicken,<br>Roasted Corn, &<br>Mashed Potato<br>Bowl<br>Twin Pop<br>Water or Fruit<br>Punch | Breakfast:<br>Cereal/Granola<br>Build<br>Yogurt<br>Assorted Fruits &<br>Toppings<br>Apple Juice or Milk<br><br><b>***PACK LUNCH</b><br><b>Ham on Pretzel<br/>Bun</b><br><b>Granola Bar</b><br><b>Peach</b><br><b>Cheese Crackers</b><br><b>Bottled Water</b><br><b>***</b><br><b>Camp Cookout</b><br><b>Hotdogs</b><br><b>Potato Crisps</b><br><b>Cool Cucumber<br/>Salad</b> | Breakfast:<br>French Toast<br>Turkey Bacon<br>Strawberries<br>Orange Juice or<br>Milk<br><br>Lunch: Breaded<br>Chicken Sandwich<br>Pickle Spear<br>Corn Chowder<br>Pear Halves<br>Water or<br>Lemonade<br><br>Dinner:<br>Penne Pasta Bake<br>with Meatballs<br>Garlic Toast<br>Side Salad<br>Brownie<br>Water or Fruit<br>Punch | Breakfast:<br>Scrambled Eggs<br>Hash Brown<br>Orange Wedge<br>Apple Juice or Milk<br><br>Lunch:<br>Personal Cheese<br>Pizza<br>Coin Carrots<br>Pineapple Cup<br>Water or<br>Lemonade<br><br>Dinner:<br>Taco Build<br>Brown Rice<br>Ice Cream Sandy<br>Water or Fruit<br>Punch | Breakfast:<br>Baked Oatmeal<br>Sausage Links<br>Apple<br>Grape Juice or<br>Milk<br><br>Lunch: 3 cheese<br>Melt on Wheat<br>Tater Tots<br>Applesauce<br>Water or<br>Lemonade<br><br>Dinner:<br>Camp Foil Pack<br>Tuck 'ins<br>Ham<br>Green Beans<br>Baby Potatoes<br>Chocolate Chip<br>Cookie<br>Water or Fruit<br>Punch | Alternatives:<br><b>Breakfast:</b><br><b>Cereal can be<br/>substituted for<br/>any Breakfast<br/>Carbohydrate</b><br><br><b>Lunch/Dinner:</b><br><b>Wow Butter &amp;<br/>White bread<br/>sandwich can be<br/>substituted for<br/>any Protein.</b><br><br><b>***Camp Swatara<br/>is a nut &amp; tree nut<br/>free facility.</b> |
| Pretzels   | Animal Crackers   | S'mores   | Cheese Crackers   | Vanilla Wafers  |   |  |