

# CAMP ARROYO MENU

	Breakfast includes Cereal Bar, Fresh Fruit, Yogurt	Lunch includes Salad & Dessert	Dinner includes Salad & Dessert
1	Home Fried Potatoes Scrambled Eggs Ham or Vegetables	Beef, Turkey or Veggie Burgers Condiment Bar French Fries or Chips	Chicken or Cheese Enchiladas Refried Beans Spanish Rice
2	French Toast Bacon OR Sausage OR Ham	Sandwich Bar Assorted breads, cheeses, meats Vegetables and condiments	Roast Chicken Vegetables
3	Pancakes Bacon OR Sausage OR Ham	Macaroni and Cheese	Spaghetti with Meat or Vegetable Sauce Garlic Bread
4	Breakfast Burrito: Scrambled Eggs, Potatoes, Beans, Fresh Salsa Corn or Flour Tortillas	Fajita or Burrito Bar Chicken, Vegetables Beans, Rice, Salsa Flour & Corn Tortillas	Stir Fry–Beef, Chicken, Tofu or Vegetables Rice
5		Grilled Cheese Sandwiches French Fries or Chips	Slow Cooked Roasted Meat- pot roast, pork, turkey, or ham Roasted Potatoes
6		Tuna or Chicken Salad Vegetables Condiments	Rustic Country Stew Traditional Beef and/or Veggie
7		Quesadillas Chicken or Cheese Rice, Beans, Fresh Salsa	Taco or Burrito Bar–Beef or Chicken Spanish Rice Refried Beans
8	Desserts!!!	Soup and Salad Bar Vegetables Condiments	Lasagna, Meat or Vegetable French Bread
9	<ul style="list-style-type: none"> <li>• Watermelon or other Fruit</li> <li>• Cookies or Brownies</li> <li>• Ice Cream or Popsicles</li> </ul>	Baked Potato Chili Condiments	Chicken Teriyaki Rice Vegetables
10	<ul style="list-style-type: none"> <li>• Cake-vanilla or chocolate or spice</li> </ul>	Homemade Pizza With a Variety of Toppings	

