

SAMPLE MENU

* This menu serves as a sample of the types of meals served in camp. It does not guarantee these meals will be served. For special dietary needs please fill out the Special Request Form found on our website:

<https://www.emeraldbayoutdooracademy.org/planning-tools/>

Breakfast	Lunch	Dinner
-	Philly Cheese Steak	Pasta
-	Chips	Meat Sauce
-	Fruit Cocktail	California Mixed Vegetable
-	Macaroni Salad	Cheesy Garlic Bread Sticks
-	Salad Bar	Italian Ice
-	Cookies	
-	Salad Bar	Salad Bar
Breakfast Burritos	Hot dogs	Taco Bar
Chorizo Crumble	Wedge Fries	Spanish Rice
Eggs Scrambled	Canned Fruit	Refried Beans
Diced Potato	Cookies	Cake
Chorizo Gravy	Macaroni/Potato Salad	
Cereal/ Yogurt Bar		Salad Bar
Milk / Juice	Salad Bar	
EB Sandwich	Chicken Nuggets	Orange Chicken
Sausage Patties	Mac & Cheese	Lo Mein
Country Hash Borwns	Canned Fruit	Stir Fry Blend
	Cookies	Ice Cream Cup
Yogurt Bar	Salad Bar	
Cereal Bar		
Oatmeal		
Waffles w/ fruit sauce	Chicken Sandwich	Enchiladas
Bacon	Pretzels	Spanish Rice
Yogurt Bar	Potato Sidewinders	Black Beans
Cereal Bar	Canned Fruit	Pudding
Milk / Juice	Macaroni/Potato Salad	Salad Bar
	Salad Bar	
Eggs Scrambled		Teriyaki Chicken
Biscuits		White/Brown Rice
Gravy		Stir Fry Blend
Country Hash Borwns		Cake
Oatmeal		
Yogurt Bar		Salad Bar
Cereal Bar		