SAMPLE MENU

*** This menu serves as a sample of the types of meals served in camp. It does not guaruntee 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
Cinnamon Rolls	Chicken Patty Sandwich	Penne and meat balls
Sausage	Potato salad	Glazed carrots
Scrambled eggs	Orange slices	Garlic Rolls
Yogurt Bar	Salad Bar	Salad Bar
Cereal Bar		Brownies
Breakfast Sandwiches	Italian Subs	Chicken Teriyaki
on english muffins	Chips	Rice & veggies
Breakfast potatoes	Fruit cocktail	Veggie Egg rolls
Yogurt Bar	Salad Bar	Salad Bar
Cereal Bar		Peach Cobbler
French Toast	Turkey Burgers	Grilled BBQ Chicken
Bacon	Potato wedges	Mac n Cheese
Eggs	Apple sauce	Roasted green beans
Yogurt Bar	Salad Bar	Salad Bar
Cereal Bar		Chocolate Cake
Scrambled Eggs	Loaded Baked Potatoes	Oven Roasted Turkey Breast
Hashbrown	w/ cheese, sour cream, chilli	Mixed veggies
Bacon	Broccoli	Mashed potatoes
Yogurt Bar	Salad Bar	Salad Bar
Cereal Bar		Chocolate Chip Cookies
Biscuits and Gravy	French Bread Pizzas	Baked Ziti
Eggs	Carrot & Celery Sticks	Roasted carrots
Yogurt Bar	Salad Bar	Garlic rolls
Cereal Bar		Salad Bar
		Churros with caramel sauce