



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CCO SUMMER CAMP MENU 2023

SESSIONS 1, 3, 5, 7, & 9 PROPOSED MENU

	Breakfast	Lunch	Dinner	Snack
Sunday	<i>Stayover Weekend</i>	<i>Stayover Weekend</i>	Chicken Alfredo Garlic Bread Vegetable Salad Bar Fresh Fruit	<i>Note: the first food provided for campers arriving on Sunday's will be dinner</i>
Monday	Scrambled Eggs Hash Browns Sausage Cereal, Yogurt Bar Fresh Fruit	Chicken Tenders Mac & Cheese Vegetable Salad Bar Fresh Fruit	Roast Turkey Mashed Potatoes & Gravy Vegetable Salad Bar Fresh Fruit	Chex Mix
Tuesday	French Toast Sticks Sausage Cereal, Yogurt Bar Fresh Fruit	Tacos Refried Beans Vegetable Salad Bar Fresh Fruit	Campout Night: hot dog, hamburger, veggie burger Challenger Night: pancakes, sausage, hash browns, eggs	Gold Fish Crackers
Wednesday	Breakfast in Bed: assorted items could include muffin, yogurt, bagel, granola bar, juice, fruit	Sloppy Joes French Fries Vegetable Salad Bar Fresh Fruit	Teriyaki Chicken Vegetable Egg Roll Rice Salad Bar Fresh Fruit	Rice Crispy Treat
Thursday	Breakfast Burrito Hash Browns Cereal, Yogurt Bar Fresh Fruit	Sack Lunch: assorted items could include sandwich, chips, granola bar, fresh fruit	Lasagna Breadsticks Vegetable Salad Bar Fresh Fruit	Animal Crackers
Friday	Ham & Cheese Omelets Sausage Cereal, Yogurt Bar Fresh Fruit	Pizza Sticks Vegetable Salad Bar Fresh Fruit	Roast Chicken Potatoes Cornbread Vegetable Salad Bar Fresh Fruit	Nutri Grain Bar
Saturday	Quiche Cinnamon Rolls Bacon Cereal, Yogurt Bar Fresh Fruit	<i>Stayover Weekend</i>	<i>Stayover Weekend</i>	<i>Stayover Weekend</i>

CAMP CHIEF OURAY

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CCO SUMMER CAMP MENU 2023

SESSIONS 2, 4, 6, & 8 PROPOSED MENU

	Breakfast	Lunch	Dinner	Snack
Sunday	<i>Stayover Weekend</i>	<i>Stayover Weekend</i>	Lasagna Breadsticks Vegetable Salad Bar Fresh Fruit	<i>Note: the first food provided for campers arriving on Sunday's will be dinner</i>
Monday	Sausage & Cheese Scramble Hash Browns Cereal, Yogurt Bar Fresh Fruit	BBQ Chicken Sandwich Mac & Cheese Vegetable Salad Bar Fresh Fruit	Pot Roast Potatoes Vegetable Salad Bar Fresh Fruit	Chex Mix
Tuesday	Pancakes Scrambled Eggs Cereal, Yogurt Bar Fresh Fruit	Tacos Refried Beans Vegetable Salad Bar Fresh Fruit	Campout Night: hot dog, hamburger, veggie burger Challenger Night: pancakes, sausage, hash browns, eggs	Gold Fish Crackers
Wednesday	Breakfast in Bed: assorted items could include muffin, yogurt, bagel, granola bar, juice, fruit	Mini Corn Dogs Sweet Potato Fries Vegetable Salad Bar Fresh Fruit	Spaghetti & Meatballs Garlic Bread Vegetable Salad Bar Fresh Fruit	Rice Crispy Treat
Thursday	Breakfast Burrito Hash Browns Cereal, Yogurt Bar Fresh Fruit	Sack Lunch: assorted items could include sandwich, chips, granola bar, fresh fruit	Baked Chicken Mashed Potatoes Cornbread Vegetable Salad Bar Fresh Fruit	Animal Crackers
Friday	Waffles Sausage Cereal, Yogurt Bar Fresh Fruit	Meatball Sub Waffle Fries Vegetable Salad Bar Fresh Fruit	Chicken Fajitas Rice & Beans Salad Bar Fresh Fruit	Nutri Grain Bar
Saturday	Quiche Cinnamon Rolls Bacon Cereal, Yogurt Bar Fresh Fruit	<i>Stayover Weekend</i>	<i>Stayover Weekend</i>	<i>Stayover Weekend</i>

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