

ROSS SAMPLE MENU

	BREAKFAST	LUNCH	DINNER	DESSERT
MONDAY			SALAD SPAGHETTI GARLIC BREAD MILK	BROWNIES
TUESDAY	BAGELS & CREAM CHEESE COLD CEREAL SAUSAGE PATTIES HOT APPLE CIDER BANANAS MILK	PEANUT BUTTER & JELLY SANDWICHES TRAIL MIX VEGGIE STIX COOKIES FRUIT	TACOS WITH ALL THE FIXIN'S BEANS & RICE MILK	ICE CREAM SANDWICHES
WEDNESDAY	ORANGE JUICE SCRAMBLED EGGS CHEESE BISCUIT HOME FRIES MELON	HAM AND CHEESE SANDWICHES TRAIL MIX VEGGIE STIX COOKIES FRUIT	MEATBALL HERO BROCOLLI & CHEESE SAUCE FRUIT MILK	CHOCOLATE CAKE
THURSDAY	OATMEAL DRIED FRUIT & NUTS BANANAS YOGURT MILK	TURKEY AND CHEESE WRAPS TRAIL MIX VEGGIE STIX COOKIES FRUIT	BAKED CHICKEN DINNER ROLLS POTATOES VEGETABLE/SALAD MILK	HOMEMADE BANANA CAKE
FRIDAY	HOT COCOA HAM & CHEESE MUFFINS HARD BOILED EGGS GRAPES			



Mendocino Woodlands
Camp Association
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