

CAMP TREFOIL SAMPLE MENU



MONTH of JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-----	Cereal Bagels Fresh Fruit Milk	French Toast Sausage Juice Milk	Scrambled Eggs Bacon English Muffin Fruit Milk	-----	-----	
-----	Tacos Milk Jello	Make your own sub Salad Bar Brownies Milk	Mac & Cheese Carro/Celery Sticks- Dip Milk Pudding	-----	-----	
Spaghetti Meat/ Sauce Salad Bread Milk Sundae Bar	cookout	Waterfront Picnic Hot Dogs Mac Salad Baked Beans Watermelon	Snack Check out 4-6			