

Camp RIO Week 1 & 4

	Breakfast	Lunch	Dinner
Sun	-		-Chicken alfredo -salad -garlic bread -strawberry and grape salad -salad
Mon	-pancake and sausage corn dog -hashbrown bites -oranges and bananas	- chicken tenders -mac and cheese -broccoli -fruit cup	-picadillo -rice -beans -berry salad -salad
Tues	sausage, egg, and cheese biscuit -hashbrown -oranges and bananas	- bbq chicken leg -roasted corn -fruit cups	Hot dog night -jello fruit cups -chips
Wed	-potato and egg breakfast taco -oranges and bananas	-Corndogs -chips -celery and carrots -fruit cups	-chicken fajitas -rice -tortillas -peaches -salad
Thurs	-French toast -cheese omelet -oranges and bananas	-chicken sandwich -fries -carrot sticks -Fruit cups	Pizza Night -jello fruit cups
Fri	-scrambled eggs -ham -toast -oranges and bananas	-nachos -beef -beans -cheese -fruit cups	-baked chicken -corn -mashed potatoes -Salad -cantaloupe
Sat	-muffins -cereal -yogurt -orange and bananas -sausage links		



Camp RIO week 2 & 5

	Breakfast	Lunch	Dinner
Sun			-tostadas -beef -beans -lettuce and tomato -rice -watermelon
Mon	-sausage, egg, and cheese scramble -hash browns -orange and bananas	-ham and cheese melt -chips -carrots -fruit cup	-bbq chicken -mac & cheese -green beans -peaches
Tues	-ham and egg breakfast tacos -orange and bananas	-burgers -fries -lettuce -fruit cup	Hotdog night -Jello fruit cups -chips
Wed	-bacon and cheese biscuit -hashbrown -orange and bananas	-steak fingers -mashed potatoes -carrot sticks -Texas toast -fruit cups	-ground beef with corn -rice -tortillas -strawberries and blueberries
Thurs	-French toast sticks -Sausage links -bacon -orange and bananas	-chicken nuggets -tater tots -fruit cups	Pizza night -Jello fruit cups
Fri	-cheese omelet -hashbrowns -orange and bananas	-corndogs -fries -fruit cups	-chicken with squash -rice -cantaloupe
Sat	muffins -cereal -yogurt -sausage links -orange and bananas		

Camp RIO Week 3 & 6

	Breakfast	Lunch	Dinner
Sun			-spaghetti -salad -garlic bread -grapes
Mon	-Cinnamon roll -cheese omelet -orange and bananas	-cheeseburgers -fries -fruit cups	-fried chicken -mashed potatoes -dinner roll -pineapple
Tues	-Bacon and egg breakfast taco -orange and bananas	-Philly cheese steak -fries -fruit cups	-Hotdog night -Jello fruit cups -chips
Wed	-ham, cheese, egg croissant sandwich -orange and bananas	-club sandwich -chips -fruit cups	-tacos -rice -lettuce & tomato -peaches
Thurs	-bacon -egg -Pancakes -orange and bananas	--macaroni casserole -texas toast -fruit cups	-Pizza night -jello fruit cups
Fri	-kolache -hashbrown bites -orange and bananas	-chicken pasta -bread -fruit cups	-quesadillas -quacamole -beans -watermelon
Sat	-muffins -cereal -yogurt -sausage links -orange and bananas		