



FINAL INFORMATION PACKAGE

DOCUMENT: 5 SAMPLE MENU

SAMPLE MENU (subject to change)

Athlete's Name: _____ Camp #: _____

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAK-FAST		SCRAMBLED EGGS BACON HASH BROWNS CEREAL JUICE	CONTINENTAL PASTA SALAD BREAKFAST	FRENCH TOAST HAM CEREAL JUICE	CONTINENTAL BREAKFAST	EGG MUFFINS HASH BROWNS CEREAL JUICE	PANCAKES SAUSAGES FRUIT JUICE
LUNCH		TACOS FRUIT BEVERAGES	SUBMARINES PASTA SALAD FRUIT BEVERAGES	HAMBURGERS FRUIT BEVERAGES	GRILLED CHEESE SOUP FRUIT BEVERAGES	WRAPS FRUIT BEVERAGES	
DINNER	LASAGNA GARLIC BREAD CAESAR SALAD MILK	ROAST BEEF VEGGIES ROAST POTATOES TOSSED SALAD MILK	TERIYAKI CHICKEN BAKED POTATOES PASTA VEGGIES MILK	SPAGHETTI GARLIC BREAD CAESAR SALAD MILK	HAM SCALL. POTATOES VEGGIES MILK	SHEPHERD'S PIE TOSSED SALAD MILK	
DESSERT	APPLE PIE & ICE CREAM	STRAWBERRY SHORTCAKE	NANAIMO BARS	SUNDAE BAR	CHOCOLATE CAKE	ICE CREAM FLOATS	
EVENING SNACK	FRUIT SALAD	RICE KRISPIE SQUARES	NACHOS	GIANT CHOCOLATE CHIP COOKIES	GRANOLA BARS	VEGGIES & DIP	

PROBLEM AREA:

SUGGESTED REPLACEMENT:

COMMENT:



NOTE: If additional space is required please use the back of this form. Participants attending our MN and NY camps will be eating at the Shattuck-St. Mary's and Cornell University dining facilities, respectively. This sample menu is indicative of eating options at these facilities and closely matches the menu at our Canadian location.