

River Camp

TWO-NIGHT OVERNIGHT MENU

	BREAKFAST	LUNCH	DINNER
Day 1	at home	brought from home	hamburgers, veggie burgers, hot dogs with lettuce, tomatoes, and pickles, lemonade, iced tea, grilled fruit with Coolwhip
Day 2	eggs, sausages, bagels & cream cheese, cold cereal, fresh fruit, orange juice, milk, hot chocolate	ham, turkey and/or cheese, pita bread, fresh fruit, cookies, lemonade, iced tea	Individual pita pizzas with pepperoni and veggies, lemonade, iced tea, watermelon, s'mores
Day 2	oatmeal with dried fruit & nut toppings, powdered milk, cold cereal, fresh fruit, fruit juice, hot tea, hot chocolate	hummus, veggies, pita bread, cheese, peanut butter & jelly fresh fruit, cookies, lemonade, iced tea	on the road BRING MONEY

Snacks/ drinks provided daily:

GORP (peanuts, raisins, M&M's)
Water

PLEASE NOTE: Substitutions will be made if there are any food allergies in the group.

