

## 8<sup>TH</sup> ANNUAL COMMERCIAL TOBACCO REDUCTION YOUTH CAMP MENU AUGUST 12-16,2024

|  | Monday, Aug. 12 | Tuesday, Aug. 13   | Wednesday, Aug.14  | Thursday, Aug.15  | Friday Aug. 16  |
|--|-----------------|--|--|---|---|
| <b>BREAKFAST</b>                       |                 |  | BACON/SAUSAGE,<br>BOILED AND FRIED<br>EGGS, HASHBROWNS,<br>TOAST.<br><br>3 TYPES OF<br>COLD CEREAL                                 | BACON/FRIED<br>BOLOGNA<br><br>FRENCH TOAST<br><br>HARD BOILED EGGS  | BACON/SAUSAGE<br><br>PANCAKES<br><br>HARD BOILED EGGS                                     |
| <b>LUNCH</b>                           |                 | BBQ'D HAMBURGER,<br>HOTDOGS, SMOKIES.<br><br>POTATO/MACARONI<br>AND TOSSED<br>SALADS.<br><br>FRESH FRUIT SALAD | PULLED PORK ON A<br>BUN, COLESLAW.<br><br>RICE CRISPIE CAKE  | CHICKEN STIR<br>FRY/BEEF STIR FRY<br>TOSSED SALAD<br><br>BLUEBERRY/CHERRY/<br>PINEAPPLE<br>CHEESECAKE     | BAGGED LUNCH<br><br>HAM AND CHEESE<br>SANDWICH<br>HAM SANDWICH<br><br>GRANOLA BAR         |
| <b>SUPPER</b>                          |                 | INDIAN TACO<br><br>TOSSED SALAD<br><br>BLUEBERRY AND<br>APPLE CRISP WITH<br>ICECREAM                           | SPAGHETTI AND MEAT<br>SAUCE AND PLAIN<br>SAUCE.<br>LETTUCE AND CAESER<br>SALAD,<br>GARLIC BANNOK.<br>BIRTHDAY CAKE AND<br>ICECREAM | TURKEY DINNER,<br>MASHED POTATO,<br>CORN, STUFFING,<br>GRAVY, CRANBERRY<br>SAUCE.<br><br>PIE AND ICECREAM | CARROT STICKS<br>APPLE OR ORANGE<br>PEANUT BUTTER<br>MARSHMELLOW<br>CAKE<br><br>JUICE BOX |
| <b>SNACK<br/>AVAILABLE<br/>ALL DAY</b> |                 | WHOLE FRUIT,<br>VEGGIE TRAY AND DIP  | WHOLE FRUIT, VEGGIE<br>TRAY AND DIP  | WHOLE FRUIT, VEGGIE<br>TRAY AND DIP   |   |
| <b>SNACK EVE</b>                       |                 | COOKIES, FRUIT,<br>CELERY AND CHEESE<br>WATER, JUICE   | POPCORN, CHIPS,  | BANNOCK JAM AND<br>PEANUT BUTTER.<br>WATER, JUICE.  |   |

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| AVAILABLE EVERY<br>BREAKFAST   | AVAILABLE EVERY<br>LUNCH AND SUPPER  | BEVERAGES AVAILABLE<br>ALL DAY  | SNACKS ON HAND   |
|--|--|---------------------------------|--|
| TEA<br>COFFEE<br>JUICE BOX<br>YOGURT CUP<br>COLD CEREAL<br>CEREAL X 3<br>MILK<br>WATER | TEA<br>COFFEE<br>WATER<br>JUICE<br>MILK<br>GREEN SALAD WITH 3<br>CHOICES OF DRESSING | TEA<br>COFFEE<br>WATER<br>JUICE | FREEZIES<br>CELERY, CHEESE,<br>PEANUT BUTTER,<br>GRANOLA BARS,<br>BANNOCK,<br>GALIC SAUSAGE,<br>CHEESE, CRACKERS,<br>CHIPS,<br>CARROT CAKE |
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