

CAMP LAKEWOOD...POTOSI, MISSOURI

2025

OE SAMPLE MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	CINNAMON RAISIN TOAST ON SUNBUTTER BAR FOR BREAKFAST	Orange and Apple Juice waffles/ syrup Bacon 2sl. Scrambled Eggs 1/2 cup- 3g Milk/yogurt Fresh Fruit Dry Cereal OATMEAL BAR Syrup- 2oz. 57 g.	Orange and Apple Juice MUFFINS Sausage link 1ea. Scrambled Eggs 1/2cup- 3gm Milk/yogurt Fresh Fruit Dry Cereal OATMEAL BAR red skin potatoes	Orange and Apple Juice PANCAKES SYRUP BACON SCRAMBLED EGGS OATMEAL BAR Milk/yogurt fresh fruit Dry Cereal	Orange and Apple Juice Biscuits 23g Sausage Gravy 1/4cup 5.38g SAUSAGE LINKS Scrambled Eggs 1/2 cup- 3g Fresh Fruit Dry Cereal OATMEAL BAR Milk/yogurt	Orange Juice 6oz.18.34g Apple Juice 1cup 28g Milk 6oz 12g Orange 19g Apple 25g Banana 30g Cereal 4oz. 18gm Hot Cereal 1 cup 31.8g Yogurt 2oz 8.5g
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	CHICKEN NUGGETS CONDIMENT BOWL applesauce CORN CHIPS MIXED VEGETABLES SHERBET salad bar milk	HAMBURGER ON Bun 30g TATER TOTS CARROTS PINEAPPLE LETTUCE/TOMATO PICKLE/ CHEESE KETHCUP/MUST/MAYO Salad Bar milk cookie SUGAR	NACHO BAR: taco ground beef spanish rice MEXICAN CORN Tri-Colored Chips 1oz 38g Cheese Sause 2oz 6g salsa, sour cream lettuce, tomato, cheese Salad Bar CHOC CHIP COOKIE milk	Chicken Wrap chicken tenders Flour Tortilia 1 each=17g FRENCH Fries 1/2 cup 24g Peaches 1/2 cup 14g MIXED VEGETABLES Condiments lettuce/ tomato/cheese sour cream/salsa Salad Bar/ MILK CHOC ICE CREAM	chicken nuggets condiment bowls POTATO CHIPS green peas-4oz. 12g Salad Bar APPLESAUCE COOKIES DOUBLE CHOC milk	
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	MEAT SAUCE Penna noodles GREEN BEANS Parm. Cheese G/F garlic bun Bread Stick 1=17g Salad Bar cake/icing milk	Fried Chicken thigh=8g Mashed Potatoes 1/2cup 23g/Chicken gravy GREEN BEANS DINNER ROLL/butter Salad Bar VAN.Ice Cream 15g/4oz milk	ROAST BEEF BEEF Gravy 3g Mashed Potatoes 1/2cup 23g CORN Dinner Roll 14g BUTTER Salad Bar CAKE W/ ICING milk	BBQ CHICKEN SCALLOPED POTATO BROCCOLI GARLIC BREAD Salad Bar BROWNIE milk		SUNBUTTER BAR ALL MEALS AND FRESH FRUIT