2011 Encompass Menu

	Mon	Tue	Wed	Thurs	Fri	Sat
Breakfast	Mc Muffin -Egg patty -cheese -sausage patty -Muffin Cut cantaloupe Milk	Waffles Sausage Canned Peaches Milk	Western Scrambles -Eggs Hash brown Bacon Salsa Milk	Biscuits & gravy Sausage Canned Pears Milk	French Toast Bacon Syrup/Butter Milk	Pancakes Eggs Applesauce Syrup/butter Milk
Lunch	Corn dogs Chips Macaroni Salad Cut orange wedges Carrot sticks Rice crispy treat Milk Punch	Hoagie Sandwich -hoagie roll - sliced ham -cheese -shred lettuce -pickles -tomato Chips Bananas Cookie Milk Punch	Hamburgers -Bun -patty -pickle -lettuce -tomato -ketchup/mustard Fries Apple Granola bar Milk Punch	Chicken Sand -Chicken patty -Bun -Mayo -pickle -shred lettuce Tater tots Carrot stick cookie Milk Punch	Hot ham & cheese -bun -sliced ham -cheese Pasta Salad Chips Sliced oranges Brownie Milk Punch	Sandwich - bread -sliced turkey -cheese -Lettuce Chips Apple Cookie Milk Punch
Dinner	Tacos -shells -Meat -lettuce -Sour cream -salsa -shred cheese Corn Refried beans Salad Milk Punch	Chicken Dinner Mashed Potato Gravy Green Beans Jell-o Roll Milk Punch	Lasagna Breadstick Corn Salad Milk Punch	Ham Dinner Baked Potato Shredded cheese Sour Cream Frozen Peas Jell-o Roll Milk Punch	Pizza Salad Bread stick Milk Punch	
Treat w/ dinner	White cake	Brownies	Ice cream cup	Apple crisp	Chocolate cake	

There will always be an option of peanut butter, jam and bread sitting out. Milk will be served at most meals. Daily snacks will be available to Family Camp participants during the Activity Sessions. However, quantities are limited. Participants are encouraged to bring snacks for their families as backup, or in the case of food allergies or food sensitivity. **<u>**Note: No meals will be provided until Monday breakfast. Families must provide their own meals and equipment for cooking until Monday breakfast at 7:00am.</u>**