

Scamper Menu Sample

Meals	Day 1	Day 2	Day 3	Day 4
Breakfast		Muffins, Fruit, Cereal, milk, o.j	Breakfast cake, fruit, cereal, milk, o.j.	Pancakes, sausages, fruit, cereal, milk, o.j.
Lunch		Tacos, garden salad, milk Watermelon	Spaghetti, Caesar salad, garlic bread, milk Apples N Carmel	Macaroni and Cheese, garden salad, buns, milk peaches
Dinner	Subs, veggie sticks, chips, juice Brownies	Cook-Out Hot Dogs, veggie sticks, juice S'mores	Chicken nuggets, rice, steamed veggies, milk Ice Cream Sundaes	Hamburgers, French Fries, veggie sticks, juice Cupcakes
Snack	Rice Krispie Squares	Cookies	Squares	

Gapher Menu Sample

Meals	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast		Pancakes, sausage, fruit, cereal, milk, o.j.	Breakfast Cake, fruit, cereal, milk, o.j.	Cinnamon buns, fruit, cereal, milk, o.j.	Muffins, fruit, yogurt, cereal, milk, o.j.
Lunch		Mac and Cheese, steamed veggies, buns, milk Watermelon	Shepherds pie, garden salad, tea biscuits, milk Pudding	Chicken nuggets, rice, steamed veggies, milk Fruit crisp	Grilled cheese, chicken noodle and tomato soup, veggie sticks, milk Cupcakes
Dinner	Spaghetti, Caesar salad, garlic bread, milk Brownies	Chilli, tea biscuits, veggie sticks, garden salad, juice Banana Cake	Cook Out Hot Dogs, veggie sticks, juice S'mores	Mini Pizzas, veggie sticks, chips, juice Ice cream sundaes	Hamburgers, veggie sticks, French fries, juice Macaroons
Snack	Rice Krispie Sq	Cookies	Nachos	Blondies	

Junior Menu Sample

Meals	Day1	Day2	Day3	Day 4	Day 5	Day 6
Breakfast		English Muffins, fruit salad, cereal, milk, o.j.	Pancakes, Sausage/bacon, cereal, fruit, milk, o.j.	Bagels, fried oats, fruit, juice	Muffins, fruit, cereal, milk, o.j.	Breakfast Cake, fruit, cereal, milk, o.j.
Lunch		Chilli, tea biscuits, garden salad, milk Watermelon	S&S Meatballs, rice, steamed veggies, bread, milk Peaches	Shepherd's Pie, garden salad, tea biscuits, milk Pears	Tacos, veggie sticks, milk Cookies	Mac and Cheese, steamed veggies, buns, milk Cantaloupe
Dinner	Spaghetti, Garlic Bread, Caesar Salad, Milk Macaroons	Chicken Burgers, veggie sticks, chips, juice Cookies	Camp Out Hot dogs, veggie sticks, juice S'mores	Grilled cheese, soup, crackers, veggie sticks, juice Ice cream sundaes	Subs, garden salad, veggie sticks, chips, juice Pudding	Hamburgers, French Fries, veggie sticks Cupcakes
Snack	Rice Krispies	Popcorn		Banana Bread	Squares	

Junior/Intermediate Menu Sample

Meals	Day1	Day2	Day3	Day 4	Day 5	Day 6
Breakfast		French Toast, Fruit, cereal, milk, o.j.	Muffins, cereal, fruit salad, milk, o.j.	Bagels, fried oats, fruit, juice	Breakfast Burritos, fruit salad, cereal, milk, o.j.	Pancakes, Sausage/bacon, fruit, cereal, milk, o.j.
Lunch		Chicken Stir Fry, rice, garden salad, milk Peaches	Tacos, garden salad, milk Birthday cake	Lasagne, garlic bread, Caesar salad, milk Watermelon	Mac and Cheese, veggie sticks, bread, milk Apples N carmel	Perogies, sausage, garden salad, buns, milk Pears
Dinner	Subs, veggie sticks, chips, juice Brownies	Mini Pizzas, chips, veggie sticks, juice cookies	Camp Out Hot dogs, veggie sticks, juice S'mores	Chicken burgers, veggie sticks, chips, juice Banana Split Sundaes	Roast Beef, potatoes, steamed veggies, buns juice Cheesecake	Hamburgers, chips, veggie sticks Cupcakes
Snack	Rice Krispies	Cookies		Squares	Banana Bread	

Intermediate Menu Sample

Meals	Day1	Day2	Day3	Day 4	Day 5	Day6	Day 7
Breakfast		Muffins, cereal, fruit, milk, o.j.	Egg McMuffins, fruit, cereal, milk, o.j.	Bagels, Fried Oats, fruit, juice	Banana bread, cereal, fruit, o.j, milk	French Toast, sausage, fruit, o.j, milk	Breakfast Cake, fruit, cereal, o.j., milk
Lunch		Chicken Stir Fry, rice, garden salad, tea biscuits, milk Cantaloupe	Shepherd's Pie, garden salad, buns, milk Apple sauce	Spaghetti, garlic bread, Caesar salad, milk Watermelon	S&S meatballs, rice, garden salad, milk Peaches	Mac and Cheese, garden salad, milk Apples N Carmel	Chicken alfredo, Caesar salad, garlic bread, milk Pears
Dinner	Subs, veggie sticks, chips, juice Pudding	Perogies, Sausage, veggie sticks, juice cookies	Camp Out Pita Pizzas, veggie sticks, juice S'mores	Chicken burgers, chips, veggie sticks, juice Banana Split sundaes	Chicken Caesar Wraps, veggie sticks, juice macaroons	Roast Beef, potatoes, mixed veg, buns, juice Cheesecake	Hamburgers, French fries, veggie sticks, juice Cupcakes
Snack	Rice Krispies	Carmel Corn		Nachos	Pretzels	Squares	