Klamath Outdoor Science School - General Residential Camp Menu

Monday - Wednesday groups follow Days 1-3. Wednesday - Friday groups follow days 3-5. *This menu is subject to change.*

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	N/A	Cereal/Oatmeal MYO Breakfast burrito Scrambled eggs Turkey sausage Stir-fried veggies Salsa & sour cream Fruit Juice, milk	Cereal/Oatmeal Pancakes Sausage Links (pork/turkey) Hash brown patties Yogurt Fruit Juice, milk	Cereal/Oatmeal Scrambled eggs Tater tots Ham Muffin Yogurt Fruit Juice, milk	Cereal/Oatmeal French Toast Hash brown patties Bacon (pork/turkey) Yogurt Fruit Juice, milk
Lunch	Sack lunch from school	Hot dogs Ketchup, mustard, relish Potato salad Chips Fresh fruit Lemonade	*Outgoing group:* Sandwiches Chips Apple or orange Granola bar/cookie *Incoming group:* Sack lunch from school	Hot dogs Ketchup, mustard, relish Potato salad Chips Fresh Fruit Lemonade	Sandwiches Chips Apple or orange Granola bar/cookie
Snack	Granola bar Fresh fruit	Pretzels Raisins	Fresh fruit Goldfish	Granola bars or cookies String cheese	N/A
Dinner	Spaghetti Meat & meatless sauce Salad & dressing Garlic bread Canned fruit	Chicken and gravy Rice Steamed broccoli Fruit	Burritos Beans, ground beef Rice & stir-fried veggies Lettuce & tomatoes Salsa, sour cream, cheese Fruit	Lasagna Salad & dressing Green beans Rolls	N/A
Dessert	Ice cream sundaes	S'mores	Ice cream bar or popsicle	S'mores	N/A

Substitutes available: gluten free bread, tortillas, & pancakes; oat milk; vegan mayo, hummus, vegan marshmallows, plant-based meat substitutes (other substitutions available with advance notice of dietary restrictions/allergies)

Water always available