

# 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.*

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
<b>Breakfast</b>	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
<b>Lunch</b>	Sack lunch from school	Hot dogs Ketchup, mustard, relish Potato salad Chips Fresh fruit Lemonade	<i>Outgoing group:</i> Sandwiches Chips Apple or orange Granola bar/cookie  <i>Incoming group:</i> Sack lunch from school	Hot dogs Ketchup, mustard, relish Potato salad Chips Fresh Fruit Lemonade	Sandwiches Chips Apple or orange Granola bar/cookie
<b>Snack</b>	Granola bar Fresh fruit	Pretzels Raisins	Fresh fruit Goldfish	Granola bars or cookies String cheese	N/A
<b>Dinner</b>	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
<b>Dessert</b>	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