

OCTOBER 2018 MENU



Iced cold water is available at each table and is encouraged at each meal.

SATURDAY

Continental Breakfast

(Volunteers Only)

Cereal
Bagels
Muffins
Coffee!!!

Lunch

Pizza
Bread sticks
Salad Bar (fresh fruits and veggies)
Ice cream

Dinner

Taco Bar
Nachos
Salad Bar (fresh fruits and veggies)
Brownie

SUNDAY

Breakfast

Breakfast Burritos
Eggs
Sausage
Hashbrown
Fruit & Cereal Bar
Yogurt
Juice

Lunch

Hamburgers
Tater tots
Salad Bar (fresh fruits and veggies)
cookie

At all times of the day, Camp Encourage also has a plethora of fresh fruits, fresh vegetables and other healthy snacks available (some examples include: Z Bars, cereal bars, organic fruit strips, pretzels, and popcorn).