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| **CAMPER MEAL MENUS****2023 Camp OFLA** |
| **DAY** | **Breakfast** | **Lunch** | **Dinner** | **Evening Snack** |
| **Sunday** |  |  | Taco bar,salad bar,brownies | Popsicles |
| **Monday** | Eggs & sausage, fruit, toast, hot & cold cereal, juice | Lunchmeat/cheese/hummus sandwich, chips, cookie, celery sticks, fruit | Pasta bar (spaghetti),salad bar,cake | Student-made**RUSSIAN** snack |
| **Tuesday** | French toast, yogurt, fruit, toast, hot & cold cereal, juice | Lunchmeat/cheese/hummus sandwich, pretzels, cookie, carrot sticks, fruit | **Cultural Dinner:**Soup(s), crackers, salad bar, brownies | Student-made**CHINESE** snack |
| **Wednesday** | Eggs, potatoes, fruit, toast, hot & cold cereal, juice | Lunchmeat/cheese/hummus sandwich, chips, cookie, celery sticks, fruit | Hamburger, tater tots, green beans, salad bar, apple crisp | Student-made**ARABIC** snack |
| **Thursday** | Pancakes, fruit, yogurt, toast, hot & cold cereal, juice | Lunchmeat/cheese/hummus sandwich, pretzels, cookie, carrot sticks, fruit | **Campfire:** Hotdogs, pasta salad w/veggies, chips, s’mores | Student-made**KOREAN** snack |
| **Friday** | Breakfast burrito, toast, fruit, hot & cold cereal, juice | Lunchmeat/cheese/ hummus sandwich, chips, cookie, celery sticks, fruit | **INTERNATIONAL MARKET:**Pizza | Popcorn |
| **Saturday** | Leftovers, muffins, juice |  |  |  |

**2023 Camper Meal Menus/Startalk 2023**