

## 2019 Healthy Camper Sample Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Granola Bar Apple Slices Juice	Toast with Jam Banana Juice	Cheerios with Milk Apple Slices Juice	Oatmeal Cookie Banana Juice	Granola Bar Oranges Juice
Lunch	Chicken Nuggets (Honey, Plum Sauce) Carrots Milk Cookie	Hot Dog Cucumber Milk Popsicle	Grilled Cheese Sandwich Carrots Milk Fruit by the Foot	Bagel with Cream Cheese Cucumber Milk Popsicle	Pizza Cucumber Milk Chocolate Chip Cookie
PM Snack	Crackers Watermelon Juice/Water	Sun Chips Oranges Juice/Water	Crackers Watermelon Juice/Water	Sun Chips Apples Juice/Water	Frozen Yogurt Tube Watermelon Juice/Water

\* Substitutions are available for food allergies

\* Milk – option of chocolate or white

\* Water is available at all times in the camp room