## RainyCamp Menu 2020

	Namy camp Mena 2020	
Fri	Sat	Sun
24	25	26
	Biscuits & Gravy	Baked Oatmeal
	Scrambled Eggs	Egg/Bacon/Cheese Scramble
BREAKFAST>>>	Breakfast Potato	Breakfast Potato
	Oatmeal	Bacon
	Sausage Links	Fruit/Yogurt
	Fruit/Yogurt/Cottage Cheese	Cereal/ Milk
	Cereal/ Milk	Cereal/ Milk
	BBQ Chicken Wings	Pizza
	Baked Potato Bar	Sausage
LUNCH>>>	Chili	Pepperoni
	Salad Bar	Meat Lovers
		Veggie
		Cheddar Broccoli Soup
Spaghetti	Pork Tacos	
Meatsauce	Vegan/Veg Black Beans	
Salad Bar	White Rice	
Bread Sticks	Sour Cream, Salsa	<<< DINNER
Chocolate Cake	Guacamole, Cheese	
	Black Bean Corn Salsa	
	Ice Cream Bar	
	Special Diets Menu Additions	
	Gluten Free French Toast	Gluten Free French Toast
	Vegan/ Vegetarian Patties	Vegan/ Vegetarian Patties
BREAKFAST>>>	Gluten Free Muffins	Gluten Free Muffins
	Gluten Free Granola	Gluten Free Granola
	Soy/Almond Milk	Soy/Almond Milk
	Gluten Free Oatmeal	Gluten Free Oatmeal
	Vegan Chicken	Dairy Free Pizza (No cheese)
	Vegan/Vegetarian Chili	Gluten Free Pizza
LUNCH>>>		Gluten Free/Veggie Pizza
		Dairy free/Veggie/Gluten Free
		Dairy Free Gluten Free Chili
Gluten Free Ravioli	Vegan Chicken	
Vegan Chicken	Corn chips	
Gluten free Garlic Toast	Corn Tortillas	<<< DINNER
Dairy Free Garlic toast	Gluten Free Cookies	
Gluten Free Cookies		

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	Fruit/Yogurt/Cottage Cheese	Cereal/ Milk
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	Soy/Almond Milk	Soy/Almond Milk
	Gluten Free Oatmeal	Gluten Free Oatmeal
	Vegan Chicken	Dairy Free Pizza (No cheese)
	Vegan/Vegetarian Chili	Gluten Free Pizza
LUNCH>>>		Gluten Free/Veggie Pizza
		Dairy free/Veggie/Gluten Free
		Dairy Free Gluten Free Chili
Gluten Free Ravioli	Vegan Chicken	
Vegan Chicken	Corn chips	
Gluten free Garlic Toast	Corn Tortillas	<<< DINNER
Dairy Free Garlic toast	Gluten Free Cookies	
Gluten Free Cookies		