

SESSION MENU

	Day #1	Day #2	Day #3	Day #4	Day #5	Day #6	Day #7
Breakfast		Oatmeal, Dry Fruit, Oranges, English Muffin, and Milk	Pancakes, Bacon, Canned Fruit, Orange Juice, and Milk	Cold Cereal, Bananas, Bagels & Cream Cheese, and Milk	Tribe hikes: Granola with dried cranberries and Milk	Tribe hikes: Oatmeal with Raisins and Milk	Hash Browns or Home Fries, Eggs, Toast, Fruit and Milk
Lunch		Tuna Sandwiches, Fresh Fruit, and Milk	Egg Salad Sandwiches, Fruit, and Milk	Tribe hikes: Tortillas with hummus, cheese and Cucumbers Trail Mix	Tribe Hikes: Bagels with Tuna, Chees and Baby Carrots Trail Mix	Tribe hikes: Crackers, Salami, Cheese and Baby Carrots Cliff Bars	3-Bean Pasta Salad, Cheese Pita Sandwiches, Chips, and Milk
Dinner	Spaghetti, French Bread, Salad, S'mores, and Milk	Hamburgers (Veggie burgers), French Fries, Salad, and Milk	Stir Fry (rice, veggies, chicken or tofu), Watermelon and Milk	Tribe hikes: Beans and Rice Ramen Cookies	Tribe hikes: Spagetti with alfredo and clams Ramen Fig Newtons	Tostadas, Brownies, and Milk	Sloppy Joes, Mashed Potatoes, Corn, Salad and Milk
	Day #8	Day #9	Day #10	Day #11	Day #12	Day #13	Day #14
Breakfast	SPECIAL DAY	Chilequiles, Refried Beans, Canned Fruit, and Milk	Cold Cereal, Fruit, Bagels & Cream Cheese, and Milk	Choice hikes: Granola with dried cranberries and Milk	Choice hikes: Oatmeal with Raisins and Milk	Choice Hikes: Gritz with Cheese Dried Fruit Milk	French Toast, Canned Fruit, and Milk
Lunch	SPECIAL DAY	PBJ Sandwiches, Cheese Sticks, Carrots & Celery Sticks, Fruit, and Milk	Chice hikes: Tortillas with hummus, cheese and Cucumbers Trail Mix	Choice Hikes: Bagels with Tuna, Chees and Baby Carrots Trail Mix	Choice hikes: Crackers, Salami, Cheese and Baby Carrots Cliff Bars	Choice Hikes: Crackers, Cheese Peanut Butter & Honey Trail Mix	Cheese & Tomatoes Sandwiches, Veggies, Apples, Chips, and Milk
Dinner	SPECIAL DAY	Macaroni & Cheese, Greek Salad, Garlic Bread, and Milk	Choice Hikes: Rice with vegetables and peanut sauce Ramen Cookies	Choice Hikes: Pesto Pasta Ramen Fig Newtons	Choice hikes: Beans and Rice Ramen Cookies	Tostadahhs, Watermelon, Brownies, and Milk	Hot Dogs (Veggie Dogs), Salad, Baked Beans, Corn on the Cob, and Milk
	Day #15						
Breakfast	Cinnamon Rolls, Cereal, Fruit, Cocoa, and Milk						