

SAMPLE
MENU - CHEROKEE SCOUT RESERVATION

	MON. BREAKFAST	TUES. BREAKFAST	WED. BREAKFAST	THURS. BREAKFAST	FRI. BREAKFAST	SAT. BREAKFAST
Offer Juice of choice (100%), juice with Vitamin C at Breakfast each day - Offer milk at each meal	Scrambled Eggs Bacon Hash Brown Biscuit Butter/Jelly Cereal Fresh Fruit Milk / Juice	French Toast Sticks Syrup Sausage Links Cereal Fresh Fruit Milk / Juice	Scrambled Eggs Bacon Hash Brown Biscuit Butter/Jelly Cereal Fresh Fruit Milk / Juice	Sausage Biscuit Bacon Hash Brown Cereal Fresh Fruit Milk / Juice	Scrambled Eggs Bacon Biscuits Butter / Jelly Grits Cereal Fresh Fruit Milk / Juice	Sweet Roll Cereal Fresh Fruit Milk / Juice
Offer fresh fruit of choice at lunch daily (apple, orange, banana, berries, peaches, cantaloupe, watermelon etc.)	MON. LUNCH Pasta/ Beef on Piza Tater Tots Shredded Lettuce / Tomato / Cucumber Carrot Sticks Ranch Drgs Lemon Bar Fruit Drink / Milk	TUES. LUNCH Chicken Fudet on Bun Lettuce / Tomato / Pickles Carrot Sticks / Ranch Dressing Chips Ice Cream Sandwich Fruit Drink / Milk	WED. LUNCH Pizza Corn On Cob Tossed Salad Dressing of choice Orange Creamicle Fruit Drink / Milk	THURS. LUNCH Chicken BBQ on bun Slaw Hamburgues Applesauce Choc chip Cookies Fruit Drink / Milk	FRI. LUNCH Hamburger/Bun Lettuce/Tomato/ Pickle Chin Slaw Baked Beans Chips Rice Krugie Treat Fruit Drink / Milk	
SUN. SUPPER	MON. SUPPER	TUES. SUPPER	WED. SUPPER	THURS. SUPPER	FRI. SUPPER	
Fried Chicken Mashed Potatoes Gravy Green Beans Yeast Roll Banana Pudding Tea / Milk	Lasagna Tossed Salad Dressing of choice Broccoli/Cauliflower Garlic Toast Spice Cake Tea / Milk	Port Chop Rice/gravy Pasta and carrot Biscuit Lemon Pie Tea / Milk	Comm. Style Steak /Gravy Mashed Potatoes Green Beans Cornbread Fruit Cobbler Tea / Milk	Family Night Supper in troop sites (Box supper is available for troops when families are not visiting)	Herb Baked Chicken Twice-Baked potato Broccoli & Cheese Yeast Roll Frosted Cake Tea / Milk	

Below is an example menu of a typical week at Cherokee Scout Reservation. Please remember that this menu is subject to change each week and is no guarantee of the menu for any particular week. This menu is a good guide for those who need to have an idea of what food is offered if there is a concern about food allergies. Those with food allergy concerns should make contact with the camp at least two weeks before arrival to voice meal concerns. All reasonable accommodations will be made.