

# 5 DAY CAMPING MENU

DATES: \_\_\_\_\_

BREAKFAST	LUNCH	SNACK	DINNER
Oatmeal with fruit and nuts	Turkey sandwiches with chips and fruit	Granola bars or trail mix	Grilled chicken sweet potatoes and rice pilaf
Scrambled eggs with toast and fruit	Grilled cheese sandwiches with tomato soup	Fresh fruit such as apples, bananas, and grapes	Ground beef tacos with beans and rice on the side
Pancakes or waffles with syrup and fruit	BLTA wrap with Chex Mix and pickles	Vegetable sticks with hummus	BBQ pulled pork sandwiches with coleslaw and baked beans
Yogurt parfait with fruit and granola	Peanut butter and jelly sandwiches with carrot sticks and fruit	Fresh fruit such as apples, bananas, and grapes	Steaks with foil packet roasted potatoes and carrots
Bagels with cream cheese and sliced vegetables	Hummus and vegetable wrap with a side of fruit	Popcorn	Spaghetti and meatballs with a side of garlic bread

## NOTES

### BRING FROM HOME

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GROCERY LIST					
PRODUCE	MEAT	DAIRY	DRY/CANNED	FROZEN	OTHER
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