

WEEKEND CAMPING MENU

DATES: _____

	BREAKFAST	LUNCH	SNACK	DINNER
FRIDAY	Overnight breakfast casserole and bananas	Bagels and cream cheese with cucumber slices	String cheese and beef jerky	Easy calzones with marinara sauce and bagged salad kit
SATURDAY	Blueberry pancakes serve with bacon or sausage and eggs	Deli turkey and spinach wrap with pasta salad	Sliced apples with peanut or almond butter	Grilled Chicken Sandwiches with lettuce, tomato & cheese serve with baby carrots and leftover pasta salad <small>*make extra chicken for tomorrow</small>
SUNDAY	Breakfast Bowls We like eggs, hasbrowns, ham, cheese and salsa	Grilled chicken quesdailas serve with black beans and avocado slices	Teddy Smore Mix Bear shaped graham crackers, mini marshmallows and chocolate chips	Teriyaki pork tenderloin with green beans and Hawaiiian dinner rolls
MONDAY	Muffins or Breakfast Cookies with yogurt and strawberries	Hawaiiian roll ham sliders with baby carrots and chips	Trail Mix and apples	Tip: Have a freezer meal ready to go for your return home

NOTES

BRING FROM HOME

GROCERY LIST

	PRODUCE	MEAT	DAIRY	DRY/CANNED	FROZEN	OTHER
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