



GACPACKING MENU

SUNDAY

DINNER: Cheese enchiladas in verde sauce, spanish rice, black beans

MONDAY

BREAKFAST: Waffles w/ strawberries and fresh cream, hard-boiled eggs, sausage links

LUNCH: Packed lunches from Main Camp

DINNER: Burritos with rice and black beans

TUESDAY

BREAKFAST: Nut-free granola and chai lattes

LUNCH: Summer sausage and crackers

DINNER: Mac and cheese with peas and bacon bits

WEDNESDAY

BREAKFAST: Hashbrowns with bacon bits and cheese

LUNCH: Salami, crackers, sunbutter, dry bananas

DINNER: Mediterranean wraps with couscous and hummus

THURSDAY

BREAKFAST: Protein pancakes with maple sugar syrup

LUNCH: Tuna, crackers, applesauce

DINNER: Chili and Fritos

FRIDAY

BREAKFAST: Steel cut oats with maple sugar, cinnamon, and dried bananas

LUNCH: Pizza

DINNER: Italian Feast