

QUICK AND EASY BREAKFAST B#1

EASE OF PREPARATION: EASY

Assorted Muffins
Cheerios Cereal
Granola Bars
Apples
Orange Juice
Milk

MOUNTAIN MAN BREAKFAST B#2

EASE OF PREPARATION: REGULAR

Egg Patties
Sausage Patties
Cheese Slices
Sliced Bread (white/wheat)
Banana
Grape Juice
Milk

RISE AND SHINE BREAKFAST B#3

EASE OF PREPARATION: LONG

Scrambled Eggs
Shredded cheese
French Toast
Biscuits & Gravy Mix with Sausage
Syrup/Butter/Jelly
Apple
Grape Juice
Milk

FRENCH TOAST BREAKFAST B#4

EASE OF PREPARATION: REGULAR

French Toast
Bacon
Syrup/Butter
Apple
Grape Juice
Milk

AMERICAN FAMILY BREAKFAST B#5

EASE OF PREPARATION: REGULAR

Pancakes
Sausage patties
Syrup/Butter
Banana
Orange Juice
Milk

BREAKFAST TORTILLAS B#6

EASE OF PREPARATION: REGULAR

Tortilla Wraps
Scrambled Eggs
Bacon
Shredded Cheese
Peppers
Onion
Salsa
Apple
Orange Juice
Milk

BREAKFAST MUFFIN SANDWICHES B#7

EASE OF PREPARATION: REGULAR

English Muffins
Egg Patties
Ham slices
Cheese Slices
Orange
Apple Juice
Milk

SUNNY SIDE BREAKFAST B#8

EASE OF PREPARATION: LONG

Pancakes
Scrambled Eggs
Shredded Cheese
Ham/Pepper/Onions
Sausage patty
Toast (white and wheat)
Banana
Apple Juice
Milk
Syrup/Butter

SUM THIN HOT BREAKFAST B#9

SHOPPING LIST

INGREDIENTS:

NO. MEALS: 40 TIME OF PREPARATION: 30 MINUTES EASE OF PREPARATION:
REGULAR

Instant Oatmeal varieties / Grits
Hot cocoa or milk
Nutri Grain Bars
English Muffin
Butter/Jelly
Orange
Apple Juice

Please email any suggestions by March 1st to 2017jamboreefoodteam@gmail.com

CEREAL AND PASTRY BREAKFAST B#10

EASE OF PREPARATION: EASY

Corn Pops Cereal
Milk
Pop Tarts
Banana
Grape Juice

LET'S GO BREAKFAST B#11

EASE OF PREPARATION: EASY

Assorted Danish
Nutri Grain Bars
Cocoa Puffs Cereal
Milk
Orange
Apple Juice

BAGEL BREAKFAST B#12

EASE OF PREPARATION: EASY

Bagels and Cream Cheese
Granola Bar
Cinnamon Toast Crunch Cereal
Milk
Apple
Orange Juice

LUNCH #1: Chaco Canyon Special

Sunbutter
Tortilla wrap
Granola Bar
Fruit Strip or hand fruit
Unsalted Peanuts
Oreo cookie
Lemonade drink sticks

LUNCH #2: Cock-a-doodle doo

Chicken salad – premade, in shelf-stable individual serving easy-open cans
Crackers
Granola Bar
Orange
Sunflower Seeds
Pudding Cup
Fruit Punch drink sticks

LUNCH #3: Tuna Sandwich to Go

Tuna Salad - premade, in shelf-stable individual serving easy-open cans
Bagel
Nutri Grain Bar
Raisins or hand fruit
Energizer Trail mix
Swiss Crème Cookie
Iced Tea drink sticks

LUNCH #4: Beef & Potato Special

Beef Jerky
Cracker Chips
Fig Bar
Apple Sauce
Sweet and Salty Mix
Chocolate Snackwells cookie
Raspberry Ice drink sticks

LUNCH #5: The PBJ Special

Peanut butter and Jelly
Crackers or Tortilla wrap
Kashi Trail bar
Mixed fruit cup or hand fruit
Mango Trail Mix
Chips Ahoy Cookie
Lemonade drink sticks

LUNCH #6: Take it on the road

Honey BBQ Beef Sandwich
Cracker Chips
Peach Cup or hand fruit
All Energy Trail Mix
Lucy's Gluten Free Cookie
Fruit Punch drink sticks

LUNCH #7: BBQ Beef Banquet

BBQ Beef Jerky
Cracker Chips
Goldfish
Banana Chips
Original trail mix
Welch Fruit Snack
Iced tea drink sticks

LUNCH #8: Smokey Mountain Traveler

BBQ Chicken Salad
Bagel
Multigrain Sun Chips
Apple
Peanut Almond Mix
Teddy grahams
Sun Rise drink mix

LUNCH #9: Asian Chicken Delight

Sweet and Sour Chicken Sandwich
Nutri Grain Bar
Orange
Sweet and Salty Trail Mix
Pudding Cup
Fruit Punch drink sticks

LUNCH #10: Chicken Wrap to Go

Tortilla Wrap
Chicken Salad
Fig Bars
Apple
Sunflower Seeds
Welch Fruit Snacks
Iced Tea drink sticks

BACK YARD BURGER NIGHT D#1

Hamburgers
Burger Buns
Ketchup/Mustard/Relish
Potato Salad
Honey Buns
Lemon Lime Gatorade

ALL AMERICAN DINNER D#2

Hot Dogs
Hot Dog Buns
Chili
Ketchup/Mustard/Relish
Pasta Salad
Carrot Sticks
Ranch Dressing
Apple Pie
Fruit Punch PowerAde

SLOPPY JOE BURGER NIGHT D#3

Ground Beef
Sloppy Joe Seasoning & Marinara Sauce
Burger Buns
Baked Beans
Cole Slaw
Cherry Pie
Orange Gatorade

TOTALLY TACOS D#4

Ground Beef
Taco Seasoning
Tortilla Wraps / Tortilla Chips
Shredded Cheese
Salad mix
Tomato
Salsa
Ranch Dressing
Pound Cake
Lemon Lime Gatorade

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BIG MEAL DINNER D#5

Hamburger Patties
Gravy Mix
Mashed Potatoes
Green Beans
Salad Mix
Tomato
Cucumber
Salad Dressing
Pound Cake
Fruit Punch PowerAde

BBQ CHICKEN DINNER D#6

Grilled Chicken Breast
BBQ Sauce
Mashed Potatoes
Corn
Sliced Bread (white/wheat) & butter
Rice Krispy Treats
Mountain Blast PowerAde

PASTA DINNER D#7

Cheese Tortellini
Meatballs
Marinara Sauce
Parmesan cheese
Sliced Bread (white/wheat) & butter
Salad mix
Tomato
Cucumber
Salad dressing
Apple Pie
Orange Gatorade

LOADED MAC & CHEESE D#8

Macaroni and Cheese
Ground Beef
Green Beans
Salad Mix
Tomato
Cucumber
Salad dressing
Sliced Bread (white/wheat) & butter
Oatmeal Crème Pies
Fruit Punch PowerAde

BEEF STEW DINNER D#9

Beef Stew
Julienne Beef
Mixed Vegetables
Sliced Bread (white/wheat) & butter
Cherry Pie
Lemon Lime Gatorade

JAMBO-LAYA DINNER D#10

Jambalaya Rice Mix
Julienne Chicken
Corn
Cornbread
Powdered Donuts
Mountain Blast PowerAde

FESTIVE CHICKEN DINNER D#11

Julienne Chicken
Cheese Tortellini
Peppers
Onions
Marinara Sauce
Parmesan Cheese
Sliced Bread (white/wheat) & butter
Salad Mix
Tomato
Cucumber
Salad dressing
Rice Krispy Treat
Mountain Blast PowerAde

PULLED PORK BBQ D#12

Pulled Pork
BBQ Sauce
Baked Beans
Macaroni Salad
Honey Buns
Orange Gatorade