

Canyon REO's Cheap Eats*

Sample Menu

Early Camps

Dinner

Pesto Pasta with Italian Sausage

Green salad
Garlic bread
Strawberry yogurt pie

Grilled Chicken

Steamed brocolli
Basmati rice

Middle Camps

Grilled Pork Chops

Steamed carrots
Orzo
Fresh baked brownies

Veggie Jambalya with Spicy Sausage

Ramen soup
Pudding

Late Camps

Canned Chili

Cheddar Cheese and Saltines

Deluxe macaroni & cheese

Green beans
Pre-made brownies

Breakfast

Launch Day Breakfast

Breakfast bars and poptarts
Coffee, tea, hot cocoa, juice

Scrambled Eggs and Bacon

Frozen juice
Coffee, tea, hot cocoa

Cereal & Milk

Frozen juice
Coffee, tea, hot cocoa

Pancakes

Canned peaches
Coffee, tea, hot cocoa

Eggs, Bacon, & Hashbrowns

Canned fruit, powdered drinks
Coffee, tea, hot cocoa

Oatmeal

Dried fruit
Coffee, tea, hot cocoa

Seven Grain Cereal

Dried fruit
Coffee, tea, hot cocoa

***Cheap Eats does not include:**

Staples or spices
Snacks and treats other than those specified
Extra peanut butter and jelly

Lunch

Launch Day Deli Lunch

Deli meats and cheeses
Seasonal fruit and fresh veggies
Condiments, peanut butter and jelly
Cookies, frozen juice

Tuna Salad Sandwiches

Cookies, frozen juice

Egg Salad Sandwiches

Cookies, frozen juice

Taco Salad with Flour Tortillas

Cookies, lunch drink

Salami, Cheese and Crackers

Cookies, lunch drink

Peanut Butter and Jelly

Cookies, lunch drink

Take-out lunch on your own