

Canyon REO's Quick & Easy Sample Menu

Early Camps

Dinner

Pre-made Lasagna and Garlic Bread

Spinach salad with mushrooms, red onion and tomatoes
Cheesecake Factory Cheesecake

Pesto Pork Chops with Orzo

Greek salad with feta cheese and Greek olives
Ready-to-eat carrot cake

Meat and Cheese Tacos

Guacamole, salsa and chips
Refried beans, Mexican rice, corn tortillas
Chocolate mints

Grilled Chicken Teriyaki

Oriental salad
Pineapple upside down cake

Ham and Potatoes Au Gratin

Green Beans Amandine
Brownies

Tortellini Parma Rosa and Garlic Bread

Asparagus
S'mores

Breakfast

Launch Day Continental Breakfast

Coffee cake and fresh fruit
Two kinds of granola
Yogurt and milk, frozen juice
Coffee, tea, hot cocoa

Lox and Bagels with Capers and Cream Cheese

Onion, cucumbers, tomatoes, lemons
Fresh fruit and frozen juice
Coffee, tea, hot cocoa

Cereal and Milk

Breakfast bars
Fresh fruit and frozen juice
Coffee, tea, hot cocoa

Eggs, Bacon, and Hashbrowns

Juice
Coffee, tea, hot cocoa

Bagel Breakfast

Cream cheese, honey, jelly and peanut butter
Juice
Coffee, tea, hot cocoa

Pancakes and Sausage

Juice
Coffee, tea, hot cocoa

Hard boiled eggs and Instant Oatmeal

Dried fruit, juice
Coffee, tea, hot cocoa

Lunch

Launch Day Deli Lunch

Deli meats and cheeses
Seasonal fruit and fresh veggies
Condiments, peanut butter and jelly
Trail mix, cookies, frozen juice

Hummus and/or Turkey Pockets

Pre-made hummus, deli turkey, cheese
Fresh fruit, carrot sticks
Cucumbers, lettuce, onion, tomatoes
Cookies, frozen juice

Roast Beef and Cheddar Cheese Sandwiches

Fresh fruit and veggies
Cookies, frozen juice

Hiking Lunch

PB&J Sandwiches, Power Bars, beef jerky
Sweet and salty snacks, dried fruit
Powdered Gatorade™

Ham & Swiss Sandwiches

Cookies, lunch drink

Salami and Cheese

Cookies, lunch drink

Take-out lunch

Brought by Canyon REO drivers

Middle Camps

Late Camps