

Breakfast Ideas (choose one or mix and match ideas. Choose a quick breakfast or a hot breakfast, depending on the weather and your plans for the day)

Hot and cold cereal	Scrambled Eggs	Egg McMuffin	Hot Oatmeal with	Breakfast Parfait	Cereal
Pancakes	Hash Browns	English Muffin	toppings (fruit, jam,	Layer: Yogurt	Bagels
Sausages	Ham	Sausage Rounds	raisins, choc. Chips)	Frozen fruit	Cream Cheese
Fruit	Toast	Cheese	Fruit Salad	Granola	Cut up Fruit
Juice or milk	Fruit	Mandarin oranges	Hot chocolate	Juice or milk	Juice or milk
	Juice or Milk	Juice or Milk			
Scrambled Eggs	French toast	Cereal	Croissants	Eggs in a bag (1 egg in	Banana dog (spread hot dog
In a wrap	Bacon	Muffins	Cheese	a Ziploc bag, add cheese,	bun with cheese whiz, use
Fresh fruit	Fresh fruit	Yogurt	Cut up fruit	ham, or green pepper,	banana as the wiener, put on
Hot chocolate	Juice or milk	Fruit	Juice or milk	drop in boiling water	squeeze jam as ketchup
		Hot apple drink		to cook)	Hot and cold cereal
				English muffin	Hot chocolate
				Applesauce	
				Juice or milk	

Lunch Ideas (Even if you're staying in a building, lunch is a great time to try cooking outdoors, on a buddy burner or over a fire)

Soup	Hot dogs	Potato chips	Sloppy Joes	Mini pizzas (frozen or on	Hearty soup
Make your own sub	Carrot sticks	Grilled cheese	Canned fruit	English muffins)	Buns & cheese
Veggies and dip	Jello	Celery sticks	Milk	Veggies & Dip	Pudding
Fresh fruit	Chocolate milk	Fresh fruit		Apple	Juice
Cookies		Cookies		Lemonade	
Juice crystals		Apple juice			
Chicken Burger	Macaroni and cheese	Poutine	Salad Bar with eggs	Perogies	BLT on bagel
Tossed Salad	Veggies and dip	Salad	cheese, chicken, ham	Veggies and dip	Cucumber slices
Fruit cocktail	Granola Bar	Fresh fruit	Fresh bread	Applesauce	Fresh fruit
Hot Chocolate	Fruit punch	Chocolate milk	Frozen Yogurt	Milk	Apple Juice
			Peach Juice		

Dinner Ideas (Choose something that is quick or can be popped into the oven as you do activities)

Chicken breast	Tacos	Lasagna	Spaghetti w meatballs	Baked potatoes with toppings	Stew
Mashed potatoes	Salad	Salad	Caesar salad	bacon, cheese, ground beef	Tea biscuits
Corn on the cob	pudding with fruit	Garlic bread	Baguettes	Cooked carrots	Cake
Make own sundaes	topping	Butter tarts	Fruit salad	Donuts	Fruit Punch
Milk	Chocolate Milk	Apple Juice	Grape Juice	Lemonade	
Turkey (buy “cook from frozen”)	Chicken nuggets	Fish sticks	Stir Fry	Hamburgers	Roast Ham
Mashed potatoes	Potato nuggets	French fries	Rice	Salad	Au Gratin Potatoes
Peas	Green beans	Corn	Egg rolls	Pudding cake	Mixed Vegetables
Cupcakes	Baked Apples	Fruit with choc. dip	Fudgesicles	Cookies	Jello
Peach Juice	Hot chocolate	Drink crystals	Tang	Milk	Apple Juice

Snacks – Active campers will need a snack mid afternoon and before bed

Cookies	Granola Bars	Cheese & Crackers	Nachos & cheese	Cut up fruit	Veggies & dip	Goldfish crackers
Fruit pieces to dip in	Popsicles	Smores	Cherry Surprise	Muffins	Trail Mix	Popcorn
Yogurt			(2 oatmeal cookies with Cherry pie filling, wrapped In foil & warmed in fire or oven)			

Drinks

Milk – Girls that may not drink milk at camp are more likely to have it if it is flavoured with chocolate

Juice crystals – Girls may not like the taste of water at camp and are more likely to drink it if it is flavoured

Hot chocolate is not the only hot drink to try – what about hot apple, hot lemonade, hot tang?