

Holiday Lake 4-H Educational Center
Summer Camp - Recommended Portions

Breakfast		Lunch		Dinner	
Item	Serving Size	Item	Serving Size	Item	Serving Size
MONDAY					
 	 	Pizza	1 Slice Cheese Pizza	Chicken Tenders	3 Tenders
 	 	Corn	½ cup – Green Scoop	Mac & Cheese	½ cup – Green Scoop
 	 	Milk & Water		Peas	½ cup – Green Scoop
 	 			Roll	1 Roll
 	 			Milk & Lemonade	
TUESDAY					
Bacon, egg, & cheese biscuit	1 biscuit with bacon egg, & cheese	Grilled Cheese	1 sandwich	Roast Beef	1 3oz slice
Hash brown	1 square	Curly Fries	½ cup – Green Scoop	Mashed Potatoes	½ cup – Green Scoop
Fruit Cup		Milk & Water		Green Beans	½ cup – Green Scoop
Milk & Orange Juice				Roll	1 Roll
				Milk & Lemonade	
WEDNESDAY					
French Toast	2 slices/1 package	Chicken Patty	1 chicken patty, 1 bun	Pulled Pork BBQ	3 ozs
Sausage patty	1 patty	French Fries	½ cup – Green Scoop	Mac and Cheese	½ cup – Green Scoop
Peaches	½ cup – Green Scoop	Milk & Water		Broccoli	½ cup – Green Scoop
Milk & Orange Juice				Milk & Lemonade	
THURSDAY					
Cheese Omllette	1 omllette	Taco Meat	3 oz	Hamburger	1 hamburger patty, 1 bun
Home Fries	½ cup – Green Scoop	Tortilla Chips	1 cup of chips	Baked Beans	½ cup – Green Scoop
Bacon	2 slices	Lettuce, Tomato	½ cup	Chips	1 bag
Apple Sauce	½ cup – Green Scoop	Salsa, cheese		Watermelon	
Milk & Orange Juice		Milk & Water		Milk & Lemonade	
FRIDAY					
Breakfast Pizza	1 Slice	 	 	 	
Fruit Cup	½ cup	 	 	 	
Milk & Orange Juice		 	 	 	

Self-Serve cereal available at breakfast. Milk available at all meals. Self-Serve salad and sandwich bar available at lunch and dinner. Carrots and celery sticks will be available at lunch. Apples/oranges available at any time between meals in large dining hall.