

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

Breakfast		Lunch		Dinner	
Item	Serving Size	Item	Serving Size	Item	Serving Size
<b>MONDAY</b>					
		Pizza	1 Slice Cheese Pizza	Chicken Tenders	3 Tenders
		Corn	½ cup – Green Scoop	Mac & Cheese	1 cup – 2 Green Scoops
		Milk & Water		Peas	½ cup – Green Scoop
				Roll	1 Roll
				Milk & Lemonade	
<b>TUESDAY</b>					
Sausage	1 patty	Ham & Cheese Croissant	1 sandwich	Beef-o-roni	1 cup – 2 Green Scoops
Home fries	½ cup – Green Scoop	Chips	1 bag	Salad	1 cup – 2 Green Scoops
Pancake	2 pancakes	Lettuce & tomato		Garlic Bread	1 stick
Syrup		Milk & Water		Milk & Lemonade	
Milk & Orange Juice					
<b>WEDNESDAY</b>					
Cheese Omelette	1 omelette	Hotdog	1 hotdog, 1 bun	Chicken Legs	2 legs
Bacon	2 slices	French Fries	½ cup – Green Scoop	Mac and Cheese	1 cup – 2 Green Scoops
Honey bun	1 bun	Coleslaw	½ cup – Green Scoop	Green Beans	½ cup – Green Scoop
Milk & Orange Juice		Milk & Water		Milk & Lemonade	
<b>THURSDAY</b>					
French Toast	1 package/4 sticks	Taco Meat	3 oz	Hamburger	1 hamburger patty, 1 bun
Sausage	1 patty	Tortilla Chips	1 cup of chips	Baked Beans	½ cup – Green Scoop
Apple Sauce	½ cup – Green Scoop	Lettuce, Tomato	½ cup	Chips	1 bag
Milk & Orange Juice		Salsa, cheese		Watermelon	
		Milk & Water		Milk & Lemonade	
<b>FRIDAY</b>					
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.