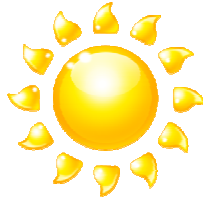


The following is an example of what your camper might have for meals during their camping week!

If you have any questions, feel free to call the Jamestown 4-H Center at 757-253-4931.

	Breakfast 7:45 am	Lunch 12:00 noon	Dinner 5:30pm
MONDAY		Pizza Celery & Carrots with Ranch Salad Bar Assorted Cookies	Welcome Dinner Roasted Chicken Glazed Carrots Mashed Potatoes Rolls Salad Bar S'mores
TUESDAY	Scrambled Eggs Ham Mini Bagels Yogurt & Granola Cereal	Hot Dogs Tater Tots Apple Sauce Salad Bar Ice Cream Fudge Bars	Mexican Night Fajitas Salad Bar Churros Punch
WEDNESDAY	French Toast Sausage Fresh Fruit Cereal Milk Juice/H2O	Jamestown 4-H Subs Turkey-Roast Beef American Cheese Served Hot Chips Salad Bar Oreo Brownies	Spaghetti Dinner With Traditional Meat Sauce Salad Bar Garlic Bread Ice Cream Cups
THURSDAY	Scrambled Eggs Sausage Gravy Biscuits Yogurt & Granola Cereal	Chicken Tenders French Fries Salad Bar Ice Cream Sandwiches	Cookout Hamburgers Baked Beans Salad Bar (chicken salad & tuna salad included) Pasta Salad Watermelon
FRIDAY	Pancakes Bacon/Sausage Cereal Fresh Fruit Juice/Milk/H2O	Vegetarian Options May Include: Salad Bar Hot Pasta Dish Grilled Cheese Peanut Butter and Jelly Garden Burger	

*All meals are served in our traditional family style dining set-up, further promoting a continued sense of community and family.