family capers

3 Day Camp Menu Planner ☑

Day 1	Menu Items	Extra Ingredients
Breakfast		
Lunch		
Dinner		
Snacks		

Day 2	Menu Items	Extra Ingredients
Breakfast		
Lunch		
Dinner		
Snacks		

Day 3	Menu Items	Extra Ingredients
Breakfast		
Lunch		
Dinner		
Snacks		

Suggestions

Breakfast
- Instant Oatmeal
- Pancakes
- Eggs
- Sausage or Bacon
- Bagels
- Cold Cereals with Milk

Lunch
- Sandwiches (PB&J or lunchmeat)
- Wraps (chicken or tuna salad)
- Potato Salad
- Macaroni Salad
- Chips
- Cup of Soups

Dinner
- Hamburgers or Hot Dogs
- Smoked Sausage or Kielbasa
- Grilled Chicken
- Jambalaya
- Baked Beans
- Instant Mash Potatoes & Gravy
- Instant Stuffing
- Instant Rice
- Lipton or Knorr Noodles or Rice and Sauce Packets

Snacks
- GORP
- Granola or Cereal Bars
- Trail Mix
- Peanuts
- Sunflower Seeds
- Dried Fruit
- Pudding cups

Misc Items
- Sports Drink Mix Powder
- Lemonade Mix
- Coffee & Tea
- Hot Cocoa
- Canola Oil
- Ketchup, Mustard and Mayonnaise
- Favorite Spices & Seasonings

S'mores Bonus
- Marshmallows
- Graham Crackers
- Plain Chocolate bars

Grocery List

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