

Camping Menu-Rosie

	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>
<i>Breakfast</i>	Cereal	Cereal & toast	Cereal with peaches	Pancakes with syrup
<i>Snack</i>	Toast with light nut butter	Apple slices and chex mix	Breadsticks and apple slices	Larabar & cereal
<i>Lunch</i>	Rice cereal & peaches	Tacos- 2 corn tortillas, hamburger meat, & carrots	Noodles, blueberries, big carrot	GF french fries in canola oil at My Father's Place & carrots
<i>Snack</i>	Larabar, apple slices, chex mix	Zucchini muffin, popcorn	Applesauce & muffin	Larabar & apple slices
<i>Snack</i>	Larabar, carrots, plain muffin, applesauce	Pancake, applesauce, granola bar	Chex mix & pistachios	Chex mix & muffin
<i>Dinner</i>	Tin Foil Dinner-potato fries, big carrot, and pistachios	Pistachio Pesto Noodles- Noodles, pistachios, carrots & broccoli	Tacos- 2 corn tortillas and hamburger meat	Rice cereal & peaches
<i>Dessert</i>	Marshmallow or mini cupcake	Cookie	Cupcake	Cookie