

## Trek Menu 2023

Wednesday	Thursday	Friday	Saturday
Breakfast:  Kids eat at home	Breakfast:  French Toast with syrup Hash Browns Ham Orange Juice	Breakfast:  Breakfast Burritos Tortillas Scrambled Eggs Diced Bell Pepper and Onion Ground sausage Orange Juice Milk	Breakfast  Pancakes Eggs Sausage patties Apple Juice
Kids Bring own lunch	Box lunch	Box Lunch	Snacks
Dinner:  Grilled Chicken  Diced potato  Tossed Salad with Ranch  Frozen Corn Water & Lemonade  Brownies	Dinner:  Hamburgers Hot Dogs Caesar salad Potato salad Watermelon Slices Water & Lemonade  Sugar Cookies	Dinner:  BBQ Pulled Pork Rolls Fruit Salad Pasta Salad Water/Lemonade  Scones	