



2023 NATIONAL JAMBOREE PARTICIPANT MENU

DAYS 1-5

	Wed, July 19 (Arrival Day)	Thurs, July 20	Fri, July 21	Sat, July 22	Sun, July 23
Breakfast	X	Corn Flakes Muffin Apple Granola Bar Juice Drink Milk	Sausage Egg Cheese White Bread Orange Apple Juice Milk	Toasted Oats Cereal Muffin Apples Yogurt Orange Juice Milk	French Toast Bacon Apple Juice Milk Syrup
Lunch - Summit 2 Go	Wed, July 19 (Arrival Day) Beef Strip Teriyaki Cheese Babybel Mini Original Bar Protein Energy Plus Chocolate Peanut Butter Guacamole Classic Cracker Ritz Bar Snack Caramel Almond Sea Salt Chews Orange BOLT Energy Nut Peanut Honey Roasted Almond Butter Classic Squeeze Drink Mix Wild Strawberry Crystal Lite Energy	Thurs, July 20 Jerky Bite Chicken Sweet BBQ Dip Cheese Nacho Peanut Butter Creamy Cup To Go Bar Protein Energy Plus Vanilla Hummus Classic Cracker Saltine 8 Pack Bar Nutrition Cranberry & Almond Chews Pink Lemonade Energy Seed Sunflower Kernel Tube Size Sunflower Seed Energy Sea Salt Tube Mix Drink On The Go Fruit Punch	Fri, July 21 Sausage Summer Bar Protein Energy Plus Chocolate Peanut Butter Cheese Pepper Jack Natural Stick Cheese Cheddar Medium Guacamole Classic Cracker Cheez-It Original Club Bar Live Almond Butter Chews Raspberry BOLT Energy Chickpea Honey Roasted Almond Butter Classic Squeeze Drink Powder Berry Stick	Sat, July 22 Lunch Meat Single Classic Bar Protein Energy Plus Vanilla Cheese Colby Jack Natural Stick Hummus Classic Cracker Wheat Thins Bar Live PButter Choco Chip Chews Strawberry Org Energy Chickpea Ranch Sunflower Seed Energy Sea Salt Tube Drink Powder Grape Stick	Sun, July 23 Bar Protein Energy Plus Chocolate Peanut Butter Stick Pepperoni Cheese String Mozzarella Twin Guacamole Classic Cracker Crispy Wheat Bar Live Peanut Butter Chews Berry Blast Org Energy Chickpea Sea Salt Almond Butter Classic Squeeze Drink Powder Raspberry Lemonade
Dinner*	Wed, July 19 (Arrival Day) Chicken Breast with BBQ Sauce Corn on the Cob Smashed Potatoes Cole Slaw Oranges Rice Krispie Treats Powdered Drink	Thurs, July 20 Turkey & Cheese Sandwich Apple Fruit Bar Fruit Snack Powered Drink	Fri, July 21 Chicken Jambalaya Rice Corn Cornbread Donuts Powered Drink	Sat, July 22 Cheese Tortellini & Meatballs Marinara Sauce Parmesan Cheese Bread Salad Mix with Cucumbers & Tomatoes Powered Drink Chef Choice Dessert	Sun, July 23 Hamburgers with Cheese Lettuce & Tomato Potato Salad Chef Choice Dessert Powered Drink

DAYS 5-10

	Mon, July 24	Tues, July 25	Wed, July 26	Thurs, July 27	Fri, July 28 (Depart Day)
Breakfast	Rice Krispies Pop Tarts Oranges Grape Juice Milk	Pancakes & Syrup Denver Egg Scramble Sausage Ham Pepper & Onion Mix Orange Juice Milk	Cereal Bagel with Cream Cheese Apple Orange Juice Milk	Ham Egg Patties Cheese English Muffin Orange Apple Juice Milk	Cheerios Bar Mini Muffins Fruit Snack Cheese & Cheddar Sandwich Crackers Fig Newtons Raspberry Lemonade
Lunch - Summit 2 Go	Mon, July 24 Cheese Babybel Mini Original Stick Salami Bar Protein Energy Plus Vanilla Hummus Classic Cracker Wheat Thins Toasted Veggie Bar Snack Caramel Almond Sea Salt Chews Orange BOLT Energy Cookie Nutter Butter Sunflower Seed Energy Sea Salt Tube Drink Mix Wild Strawberry Crystal Lite Energy	Tues, July 25 Bar Protein Energy Plus Chocolate Peanut Butter Dip Cheese Nacho Beef Jerky Teriyaki Guacamole Classic Cracker Chicken In A Biskit Bar Nutrition Cranberry & Almond Chews Pink Lemonade Energy Nut Peanut Salted Single Serving Almond Butter Classic Squeeze Mix Drink On The Go Fruit Punch	Wed, July 26 Cheese Pepper Jack Natural Stick Bar Protein Energy Plus Vanilla Stick Pepperoni Cheddar Cheese Cheddar Medium Hummus Classic Cracker Ritz King Size Bar Live Almond Butter Chews Raspberry BOLT Energy Trail Mix Chocolate & Nut Sunflower Seed Energy Sea Salt Tube Drink Powder Berry Stick	Thurs, July 27 Tuna Herb & Garlic Creation Pouch Cheese Colby Jack Natural Stick Guacamole Classic Cracker Whole Grain Wheat Original Bar Live PButter Choco Chip Chews Strawberry Org Energy Pistachio Honey Roasted No Shell Almond Butter Classic Squeeze Drink Powder Grape Stick	X
Dinner*	Mon, July 24 Soft Tacos with beef, lettuce, cheese Ranch dressing Tortilla chips Salsa Pound Cake Powdered Drink	Tues, July 25 Chicken & Veggie Stir Fry Rice Fortune Cookie Cake Powered Drink	Wed, July 26 Beef Stew with Mixed Vegetables Biscuits Pie Powered Drink	Thurs, July 27 Hot Dogs Chili Carrot Sticks with Ranch Dressing Macaroni Salad Pie Powered Drink	X

*NOTE: Each Subcamp will be assigned one night to attend the OA Apex program. Unit meal that evening will be in the Echo campsite as a part of that program and will NOT be picked up at the food distribution site.
 NOTE: Some items subject to change due to supply issues. Substitutions may be required.