

# (EV) WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b> <b>9:00 A.M.</b>	SAUSAGE & PANCAKES ON STICKS, SCRAMBLED EGGS	MIGAS	CHUCK WAGON BREAKFAST: BREAKFAST POTATO HASH, SCRAMBLED EGGS, SAUSAGE PATTIES OR LINKS, BAGELS	BRISKET & EGGS	CHALLAH FRENCH TOAST WITH BERRIES & WHIPPED CREAM, SCRAMBLED EGGS, SAUSAGE	PANCAKES, SCRAMBLED EGGS, BACON	BREAKFAST TACO'S
<b>LUNCH</b> <b>1:00 P.M.</b>	DELI COLD CUTS	CREAMY TOMATO BASIL SOUP & GRILLED CHEESE	NASHVILLE HOT HONEY & MAC & CHEESE BOWLS	BEEF & BROCCOLI, WHITE RICE, EGGROLLS	SHRIMP OR CHICKEN ALFREDO WITH PENNE PASTA, GARLIC BREAD, ROASTED VEGETABLES	CHICKEN PHILLY CHEESESTEAK WITH CHIPS	BUILD YOUR OWN- CHIPOTLE BOWL- PORK FAJITA, CHICKEN FAJITA, CILANTRO LIME RICE, PINTO BEANS, CORN SALSA, PICO DE GALLO, CHEESE, ROMAINE LETTUCE, SOUR CREAM, SALSA, GUACAMOLE, JALAPEÑO, CORN SALSA
<b>DINNER</b> <b>6:00 P.M.</b>	MEAT LASAGNA/ VEGETABLE LASAGNA, VEGETABLE, GARLIC BREAD	CHICKEN TERIYAKI BOWL WITH WHITE RICE & ROASTED BROCCOLI	GRILLED BABY BACK RIBS, CORN ON THE COB, COLESLAW, HONEY CORNBREAD	OVEN ROASTED CHICKEN, ROASTED RED POTATOES, SAUTEED VEGETABLES, TURKEY GRAVY, DINNER ROLLS	GREEK NIGHT- GREEK MARINATED CHICKEN THIGHS, GREEK SHRIMP, GREEK LEMON POTATOES, HUMMUS, PITA CHIPS,	<b>GUY'S CAMPOUT- CHILI</b>  <b>GIRL'S NIGHT IN-</b> CREAMY SMOKY HARISSA CHICKEN & CHEESE RAVIOLI, HOUSE SALAD, GARLIC BREAD, BROWNIE SUNDAE'S  <b>GUYS: CHILI COOK OFF AT PEBBLE BEACH</b>  <b>GIRLS: DINNER AT EV RANCH HOUSE</b>	CHEESEBURGER MACARONI HAMBURGER HELPER, BUTTERED TEXAS TOAST, ROASTED VEGETABLES

# (EV) WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	BISCUITS & SAUSAGE GRAVY, SCRAMBLED EGGS	ULTIMATE BREAKFAST BOWL	BUILD YOUR OWN BREAKFAST SANDWICH, HASHBROWNS	BREAKFAST PIZZA	BREAKFAST TACOS	STEAK & EGGS	WAFFLE BAR , SCRAMBLED EGGS, BACON & SAUSAGE
	9:00 A.M.	9:00 A.M.	9:00 A.M.	9:00 A.M.	9:00 A.M.-SLEEP IN MORNING	9:00 A.M.	9:00 A.M.
<b>LUNCH</b>	BURGERS, VEGGIE BURGERS, CHIPS, FRUIT,  BURGER TOPPINGS (CHEESE, LETTUCE, TOMATOES, PICKLES, BUNS, AVOCADO, BACON)	SPICY CHICKEN SANDWICH WITH CURLY FRIES	DELI COLD CUTS	PHILLY CHEESESTEAK WITH CHEESE WIZ AND SALAD BAR & CHIPS	PULLED PORK SANDWICHES & CHIPS WITH SALAD BAR	CHILI DOGS WITH CHIPS	
	1:45 P.M.-BLUE HOLE	1:00 P.M.	1:00 P.M.	1:00 P.M.	1:00 P.M.	1:00 P.M.	
<b>DINNER</b>	<b>APPETIZERS:</b> BBQ MEATBALLS, SPINACH DIP  <b>ENTRÉE:</b> GRILLED NY STRIP STEAKS, BAKED POTATOES, ROASTED MIXED VEGETABLES, GARLIC CHEDDAR BISCUITS, HORSERADISH CREMA, A1, HEINZ 57, DESSERT: SEASONAL CHEESECAKE	SCRATCH MADE PIZZA-MEATLOVERS, PEPPERONI, CHEESE, GLUTEN-FREE OPTION, BUFFALO WING TEASERS, BROWNIE BITS & COOKIES	CHICKEN FRIED STEAK, PEPPERED WHITE GRAVY, BOURSIN CHEESE MASHED POTATOES, ROASTED VEGETABLES, DINNER ROLLS	BRISKET, GRILLED LEG QUARTERS, SMOKED SAUSAGE, MAC & CHEESE, BAKED BEANS, WHITE BREAD, PICKLES, ONIONS, APPLE PIE EGGROLLS	BRAISED POT ROAST, STEAMED WHITE RICE, ROASTED VEGETABLES, DINNER ROLLS	CHICKEN & STEAK TACOS WITH ALL TACO TOPPINGS (SOUR CREAM, SALSA, GUACAMOLE, HOT SAUCE, DICED ONION, CILANTRO, SHREDDED CHEESE, SHREDDED LETTUCE) SPANISH RICE, QUESO DIP, TORTILLA CHIPS	
	7:00 P.M. BANQUET DINNER	6:00 P.M. CABIN TAKEOUT DINNER-PIZZA	6:00 P.M. CABIN I & 4 TAKEOUT DINNERS	6:00 P.M. RODEO	6:00 P.M.	6:00 P.M. FIESTA	

# JAM SESSION (EV)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>		CHALLAH FRENCH TOAST WITH BERRIES & WHIPPED CREAM, SCRAMBLED EGGS, SAUSAGE	BISCUITS & SAUSAGE GRAVY, SCRAMBLED EGGS	BUILD YOUR OWN BREAKFAST SANDWICH, HASHBROWNS	BREAKFAST PIZZA	STEAK & EGGS	WAFFLE BAR , SCRAMBLED EGGS, BACON & SAUSAGE
		9:00 A.M.	9:00 A.M.	9:00 A.M.	9:00 A.M.	9:00 A.M.	8:00 A.M.
<b>LUNCH</b>		PULLED PORK SANDWICHES & CHIPS WITH SALAD BAR	DELI COLD CUTS	BURGERS, VEGGIE BURGERS, CHIPS, FRUIT, BURGER  TOPPINGS (CHEESE, LETTUCE, TOMATOES, PICKLES, BUNS, AVOCADO, BACON)	SHRIMP OR CHICKEN ALFREDO WITH PENNE PASTA, GARLIC BREAD, ROASTED VEGETABLES	CREAMY TOMATO BASIL SOUP & GRILLED CHEESE	DELI COLD CUTS
		1:00 P.M.	1:00 P.M.	<b>BLUE HOLE LUNCH-1:45PM</b>	1:00 P.M.	1:00 P.M.	12:00 P.M.
<b>DINNER</b>	MEAT LASAGNA/ VEGETABLE LASAGNA, VEGETABLE, GARLIC BREAD	GREEK NIGHT- GREEK MARINATED CHICKEN THIGHS, GREEK SHRIMP GREEK LEMON POTATOES, HUMMUS, PITA CHIPS,	BRISKET, GRILLED LEG QUARTERS, SMOKED SAUSAGE, MAC & CHEESE, BAKED BEANS, WHITE BREAD, PICKLES, ONIONS, APPLE PIE EGGROLLS	GUY'S CAMPOUT- CHILI  GIRL'S NIGHT IN- CREAMY SMOKEY HARISSA CHICKEN & CHEESE RAVIOLI, HOUSE SALAD, GARLIC BREAD, BROWNIE SUNDAES	CHICKEN & STEAK TACOS WITH ALL TACO TOPPINGS (SOUR CREAM, SALSA, GUACAMOLE, HOT SAUCE, DICED ONION, CILANTRO, SHREDDED CHEESE, SHREDDED LETTUCE) SPANISH RICE, QUESO DIP, TORTILLA CHIPS	SCRATCH MADE PIZZA- MEATLOVERS, PEPPERONI, CHEESE, GLUTEN-FREE OPTION, BUFFALO WING TEASERS, BROWNIE BITES & COOKIES	
	6:00 P.M.	6:00 P.M.	6:00 P.M.-RODEO	7:00 P.M.-BANQUET DINNER	6:00 P.M.-FIESTA	6:00 P.M.-PIZZA	

# (SH) WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	SAUSAGE & PANCAKES ON STICKS, SCRAMBLED EGGS	MIGAS	CHUCK WAGON BREAKFAST: BREAKFAST POTATO HASH, SCRAMBLED EGGS, SAUSAGE PATTIES OR LINKS, BAGELS	BRISKET & EGGS	CHALLAH FRENCH TOAST WITH BERRIES & WHIPPED CREAM, SCRAMBLED EGGS, SAUSAGE	PANCAKES, SCRAMBLED EGGS, BACON	<b>BREAKFAST TACOS</b>
	8:30 A.M.	8:30 A.M.	8:30 A.M.	8:30 A.M.	8:30 A.M.	8:30 A.M.	8:30 A.M. GUYS LATE BREAKFAST, GIRLS RETURN FROM CAMPOUT
<b>LUNCH</b>	DELI COLD CUTS	CREAMY TOMATO BASIL SOUP & GRILLED CHEESE	CHICKEN SANDWICH WITH CURLY FRIES	CORNDOGS & CHIPS	<b>BLUE HOLE-</b> BURGERS, VEGGIE BURGERS, CHIPS, FRUIT  BURGER TOPPINGS( CHEESE, LETTUCE, TOMATOES, PICKLES, BUNS, AVOCADO, BACON)	SHRIMP OR CHICKEN ALFREDO WITH PENNE PASTA, GARLIC BREAD, ROASTED VEGETABLES	<b>DELI COLD CUTS</b>
	12:30 P.M.	12:30 P.M.	12:30 P.M.	12:30 P.M.	12:30 P.M.	12:30 P.M.	12:30 P.M.
<b>DINNER</b>	MEAT LASAGNA/VEGETABLE LASAGNA, VEGETABLE, GARLIC BREAD	CHICKEN TERIYAKI BOWL WITH WHITE RICE, ROASTED BROCCOLI	GRILLED BABY BACK RIBS, CORN ON THE COB, COLESLAW, HONEY BUTTER CORNBREAD	OVEN ROASTED CHICKEN, ROASTED RED POTATOES, ROASTED VEGETABLES, TURKEY GRAVY, DINNER ROLLS	POPCORN CHICKEN MAC & CHEESE BOWLS	<b>GUY'S NIGHT IN-</b> GRILLED NY STRIP STEAKS, BAKED POTATOES, ROASTED MIXED VEGETABLES,  <b>GIRL'S CAMPOUT</b>	CHEESEBURGER HAMBURGER HELPER, ROASTED VEGETABLES, BUTTERED TEXAS TOAST
	7:15 P.M.	6:00 P.M.	6:00 P.M.	6:00 P.M.	6:00 P.M.	4:15 P.M.	6:00 P.M.

# (SH) WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	BISCUITS & SAUSAGE GRAVY, SCRAMBLED EGGS	BREAKFAST TACOS	ULTIMATE BREAKFAST BOWL	BUILD YOUR OWN BREAKFAST SANDWICH, HASHBROWNS	BREAKFAST PIZZA	STEAK & EGGS	WAFFLE BAR, SCRAMBLED EGGS, BACON & SAUSAGE
	8:30 A.M.	8:30 A.M. GIRLS LATE BREAKFAST, GUYS RETURN FROM CAMPOUT	8:30 A.M.	8:30 A.M.	8:30 A.M.	8:30 A.M.	
<b>LUNCH</b>	POPCORN MAC & CHEESE BOWLS	CHEESY BEEF QUESADILLAS	DELI COLD CUTS	PHILLY CHEESESTEAK WITH CHEESE WIZ AND SALAD BAR & CHIPS	PULLED PORK SANDWICHES, WITH SALAD BAR	CHILI DOGS WITH CHIPS	
	12:30 P.M.	12:30 P.M.	12:30 P.M.	12:30 P.M.	12:30 P.M.	12:30 P.M.	
<b>DINNER</b>	<b>GUY'S CAMPOUT</b>	BRAISED POT ROAST, STEAMED WHITE RICE, ROASTED VEGETABLES, DINNER ROLLS	BRISKET, GRILLED LEG QUARTERS, SMOKED SAUSAGE, MAC & CHEESE, BAKED BEANS, WHITE BREAD, PICKLES, ONIONS, APPLE PIE EGGROLLS	SPAGHETTI & MEATBALLS, GARLIC BREAD, ROASTED VEGETABLES	CHICKEN & STEAK TACOS WITH ALL TACO TOPPINGS, SPANISH RICE, QUESO DIP, TORTILLA CHIPS	SCRATCH MADE PIZZA-MEATLOVERS, PEPPERONI, CHEESE, GLUTEN-FREE OPTION, BUFFALO WING TEASERS, BROWNIE BITES & COOKIES	
	<b>GIRL'S NIGHT IN-</b> CREAMY SMOKY HARISSA CHICKEN & CHEESE RAVIOLI, HOUSE SALAD, GARLIC BREAD, BROWNIE SUNDAES						





# STAFF WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
<b>BREAKFAST</b>		CHUCK WAGON BREAKFAST: BREAKFAST POTATO HASH, SCRAMBLED EGGS, SAUSAGE PATTIES OR LINKS, BAGELS	BUILD YOUR OWN BREAKFAST SANDWICH, HASHBROWNS	BREAKFAST PIZZA	PANCAKES, SCRAMBLED EGGS, BACON	BUILD YOUR OWN BREAKFAST SANDWICH, HASHBROWNS	WAFFLE BAR , SCRAMBLED EGGS, BACON & SAUSAGE
	8:30 A.M. - SINGING HILLS 8:15 A.M. - ECHO VALLEY	8:15A.M. ECHO VALLEY ALL CAMPS	8:30 A.M. - SINGING HILLS 8:15 A.M. - ECHO VALLEY	8:30 A.M. - SINGING HILLS 8:15 A.M. - ECHO VALLEY	8:30 A.M. - SINGING HILLS 8:15 A.M. - ECHO VALLEY	8:30 A.M. - SINGING HILLS 8:15 A.M. - ECHO VALLEY	8:30 A.M. - SINGING HILLS 8:15 A.M. - ECHO VALLEY
<b>LUNCH</b>	NASHVILLE HOT HONEY & MAC & CHEESE BOWLS	DELI COLD CUTS	BLUE HOLE-BURGERS, VEGGIE BURGERS, CHIPS, FRUIT, BURGER TOPPINGS(CHEESE, LETTUCE, TOMATOES, PICKLES, BUNS, AVOCADO, BACON)	CHILI CHEESE DOGS WITH ONION RINGS	GREEK NIGHT- GREEK MARINATED CHICKEN THIGHS, GREEK SHRIMP GREEK LEMON POTATOES, HUMMUS, PITA CHIPS,	GENERAL TSO CHICKEN, WHITE RICE, EGGROLLS	
	11:30 A.M. LUNCH ECHO VALLEY	12:00 P.M. LUNCH-SINGING HILLS/ 1:00 P.M. ECHO VALLEY	12:00 P.M.- HEADWATERS BLUE HOLE	12:00 P.M. LUNCH-SINGING HILLS/ 1:00 P.M. ECHO VALLEY	12 P.M. LUNCH-SINGING HILLS/ 12:30 P.M. ECHO VALLEY	12:00 P.M. LUNCH-SINGING HILLS/ 12:30 P.M. ECHO VALLEY/ FAMILY CAMP LUNCH AT HEADWATERS	
<b>DINNER</b>	GRILLED BABY BACK RIBS, CORN ON THE COB, COLESLAW, HONEY CORNBREAD	PEPPERONI FLATBREAD WITH FRESH MOZZARELLA, PHILLY CHEESESTEAK FLATBREAD WITH FRESH MOZZARELLA, WINGTEASERS AND RANCH	CAJUN CHICKEN PASTA	CHICKEN & SAUSAGE JAMBALAYA	BRISKET, GRILLED LEG QUARTERS, SMOKED SAUSAGE, MAC & CHEESE, BAKED BEANS, WHITE BREAD, PICKLES, ONIONS, APPLE PIE EGGROLLS	CHICKEN & STEAK TACOS WITH ALL TACO TOPPINGS (SOUP CREAM, SALSA, GUACAMOLE, HOT SAUCE, DICED ONION, CILANTRO, SHREDDED CHEESE, SHREDDED LETTUCE) SPANISH RICE, QUESO DIP, TORTILLA CHIPS	
	6:00 P.M.- SINGING HILLS 6:00 P.M.-ECHO VALLEY	6:00 P.M.- SINGING HILLS 6:00 P.M.-ECHO VALLEY	6:00 P.M. ECHO VALLEY	6:00 P.M. ECHO VALLEY	6:00 P.M. ECHO VALLEY-RODEO	6:15 P.M. HEADWATERS FIESTA	

# OFF WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> 7:30 A.M. ECHO VALLEY	CHALLAH FRENCH TOAST WITH BERRIES & WHIPPED CREAM, SCRAMBLED EGGS, SAUSAGE	CHICKEN & WAFFLES	BISCUITS & CHORIZO, SAUSAGE GRAVY	HAM, SPINACH & CHEESE QUICHE	BUILD YOUR OWN BREAKFAST SANDWICH, HASHBROWNS	STEAK & EGGS	CHUCK WAGON BREAKFAST: BREAKFAST POTATO HASH, SCRAMBLED EGGS, SAUSAGE PATTIES OR LINKS, BAGELS
<b>LUNCH</b> 12:30 P.M. ECHO VALLEY	STEAK QUESADILLA	TURKEY CHEESE MELT	CHICKEN SHAWARMA	SLOPPY JOES & FRIES	CHICKEN FAJITA POWER BOWLS	DELI COLD CUTS	
<b>DINNER</b> 6:00 P.M. ECHO VALLEY	ROTISSERIE CHICKEN, RICE PILAF, & ROASTED VEGETABLES	GOULASH	BURGER BAR	GRILLED CHICKEN, ROASTED SWEET POTATO, ROASTED VEGETABLES	HOMESTYLE POT ROAST, POTATOES, ROASTED VEGETABLES	SHRIMP CAJUN PASTA	