



MT HOOD KIWANIS CAMP
RETREAT SAMPLE MENUS
\$10 price point

BREAKFAST

Continental

Bagel, toast, juice, yogurt, whole fruit, oatmeal, preserves

Standard Home Run

Pancakes, eggs, bacon, oatmeal, fruit bowl, yogurt, juice

Farmers Breakfast

Eggs, bacon, sausage, country fried potatoes, toast, oatmeal

Eggs and Ham

Scrambled eggs, ham, biscuits, gravy

LUNCH/DINNER

Spaghetti and Homemade Meatballs

Served with garlic bread & tossed salad

Mexi Bar

Chili verde, chicken or beef fajita served with Mexican rice, refried beans, black beans, tortillas, chips, salsa, sour cream, and cheese

Baked Potato Bar

Potatoes served with ground beef, sour cream, chives, grated cheddar, tomatoes, bacon bits, broccoli, nacho cheese, and a tossed salad

Barbecue

Burgers, chicken breasts, garden burgers, hot dogs, served with potato and pasta salads, chips, and condiments

Build Your Own Sub Sandwich

Your choice of basic meats and toppings, served with fruit and potato chips