



***SENIORS***  
**CAMP BREAKFAST 2018-06-02**

---

# Menu

---

Camp breakfasts need to provide boys with High Energy foods that release their energy slowly over a long period of time. Proteins and Fats fit this bill the best. You then need to ensure you get all your vitamins and minerals as well, and ensure you stay well hydrated.

- ☀ Bacon and Eggs
- ☀ Biscuits and Gravy
- ☀ Cranberry Scones with clotted cream
- ☀ Crepes with Jams
- ☀ Fruit Cups / Greek Yogurt / Granola
- ☀ Orange/Lemon drink