

Ecology Camp 2017

Kualoa Beach Park

January 14, 2016 to January 16, 2016
(Martin Luther King Holiday Weekend)

Reminder: Students need to bring their own plate, bowls, cups, and utensils.

Saturday, 1/14/16

Lunch – Brownbag/bento

on your own

Dinner

- Salad – tossed/mixed salad
- Starch – white rice
- Side – *Jap Jae* (glass noodles)
- Side – stir fried vegetables
- Main – spicy pork
- Main – fried chicken
- Main – *Bulgogi* (stirred beef)

Snack

- S'mores

Sunday, 1/15/16

Breakfast

- White rice
- Hash browns
- Scrambled Eggs
- Vienna Sausage

Lunch

- Spam musubi
- PBJ sandwich
- Grapes
- Chips

(Sunday)

Dinner

- Salad – tossed salad
- Side – French fries/tater tots
- Main – hamburger: cheese, lettuce, tomato, onions
- Main – hot dog: bacon
- Main - chili
- Condiments – ketchup, mustard, mayonnaise, pickles

Snack

- saimin

Monday, 1/16/16

Breakfast

- Fried rice
- Leftovers

Drinks will be provided – campers need to bring own cup (hot/cold).

- Coffee: sugar, cream
- Cocoa
- Punch
- Water