

WINTER CAMP 2023

FROST SCIENCE

WEEK 1:

MENU A



TUESDAY

Cheese ravioli, bread,
cup of green beans,
chocolate chip cookie

WEDNESDAY

Popcorn chicken,
mashed potatoes,
cup of carrots, gogurt

THURSDAY

Fish sticks, french fries,
cup of corn,
chocolate chip cookie

FRIDAY

Cheese pizza
carrot sticks and ranch,
gogurt



All meals served with a can of water
and fresh fruit



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WEEK 1:

MENU B



TUESDAY

Cheese ravioli, bread,
cup of green beans,
chocolate chip cookie

WEDNESDAY

Falafel,
mashed potatoes,
cup of carrots, gogurt

THURSDAY

Gardein f'sh sticks, french
fries, cup of corn,
chocolate chip cookie

FRIDAY

Cheese pizza
carrot sticks and ranch,
gogurt



All meals served with a can of water
and fresh fruit

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WEEK 2: MENU A



TUESDAY

Chicken slider,
corn on the cob,
chocolate chip cookie

WEDNESDAY

Soft beef taco,
cup of black beans,
gogurt

THURSDAY

Beef hot dog,
tater tots,
gogurt

FRIDAY

Vegetarian lasagna,
garlic bread, chocolate
chip cookie



All meals served with a can of water
and fresh fruit



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WEEK 2: MENU B



TUESDAY

Beyond Burger slider,
corn on the cob,
chocolate chip cookie

WEDNESDAY

Soft roasted cauliflower
taco, cup of black
beans, gogurt

THURSDAY

Vegetarian Smart Hot
Dog, tater tots,
gogurt

FRIDAY

Vegetarian lasagna,
garlic bread, chocolate
chip cookie



All meals served with a can of water
and fresh fruit

