FROST SCIENCE WINTER CAMP

LUNCH MENU

December 24-25 & 27-28

MENU A: Regular

MENU B: Vegetarian

Monday Dec. 24

Main: Chicken nuggets with

honey mustard

Sides: Yellow rice, carrot cup,

yogurt, banana

Contains: Eggs, milk, soy, wheat,

chicken

Main: Veggie nuggets with

honey mustard

Sides: Yellow rice, carrot cup,

yogurt, banana

Contains: Eggs, milk, soy,

wheat

Tuesday **Dec. 25**

Main: Spaghetti

Sides: Plain croissant, yogurt,

cookie

Contains: Eggs, milk, soy,

wheat, dairy

Main: Spaghetti

Sides: Plain croissant, yogurt,

cookie

Contains: Eggs, milk, soy,

wheat, dairy

Thursday Dec. 27

Main: Grilled chicken sandwich (Sides: Sweet potato fries, yogurt, sliced cucumber & cherry tomatoes, clementines Contains: Dairy, wheat, chicken

Main: Grilled veggie chicken sandwich (Sides: Sweet potato fries, yogurt, sliced cucumber & cherry tomatoes,

clementines

Contains: Dairy, wheat

Friday Dec. 28

Main: Cheese pizza

Sides: Grapes, carrot sticks,

yogurt, cookie

Contains: Wheat, dairy, eggs,

soy, dairy

Main: Cheese pizza

Sides: Grapes, carrot sticks,

yogurt, cookie

Contains: Wheat, dairy, eggs,

soy, dairy