FROST SCIENCE WINTER CAMP

LUNCH MENU

Dec. 23-24 & 26-27 Dec. 30-31 & Jan. 2-3

MENU A: Regular

MENU B: Vegetarian

Monday Dec. 24 & Dec. 30 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 & Dec. 31

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 & Jan. 2 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 & Jan. 3

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