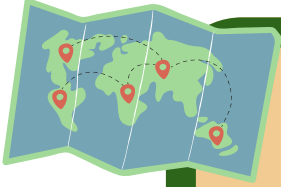




# INTERNATIONAL MENU SESSIONS 1 - 3

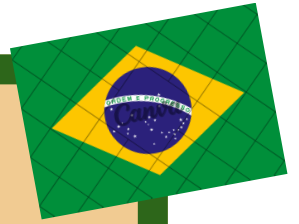


LUNCH ENTREE  
SIDE DISH  
PM SNACK



## Monday - Mexico

Skirt Steak and Veggie Quesadillas  
Bean and Corn Salsa  
Fruit Salsa with Churro Chips



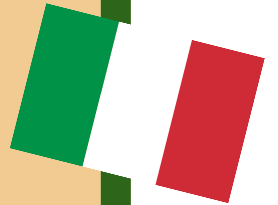
## Tuesday - Brazil

Brazilian Chicken Kebab  
Pao de Queijo / Brazilian Cheesebread  
Strawberry Stuffed Brigadeiro



## Wednesday - Thailand

Chicken Satay with Peanut Sauce  
Lucky 7 Rice  
Sunomono Salad  
Mango Sago



## Thursday - Japan

Pork or Tofu Yakisoba  
Japanese Fruit Sando

## Friday - Italy

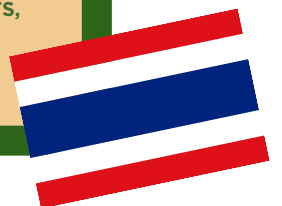
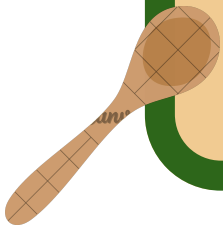
BYO Pizza  
Italian Ice



AT SUSIE'S KITCHEN, CAMPERS WILL WORK HANDS-ON TO PREPARE NUTRITIOUS AND DELICIOUS FOOD.

PLEASE BE AWARE THAT FOODS USED IN THE KITCHEN MAY CONTAIN OR COME INTO CONTACT WITH COMMON ALLERGENS SUCH AS DAIRY, EGGS, WHEAT, SOYBEANS, TREE NUTS, PEANUTS, SESAME, FISH OR SHELLFISH. PLEASE INFORM DR. HERNANDEZ OF ANY FOOD ALLERGIES.

\*VEGETABLE OR TOFU OPTIONS AVAILABLE FOR LUNCH ENTREES





# FUELING HEALTH FUTURES MENU

## SESSION 4 -5



LUNCH ENTREE  
SIDE DISH  
PM SNACK

### Monday - Mexico

Burrito Bowl  
Homemade Salsa  
Apple Nachos with Peanut Butter Drizzle

### Tuesday - Brazil

BYO Asian Noodle Bar  
Sunomono Salad  
Mango Sticky Rice

### Wednesday - Thailand

Baked Spring Roll Bar  
Peanut Sauce  
Coconut Macaroons

### Thursday - Japan

Savory Empanadas  
Chimichurri  
Chocolate Mousse

### Friday - Italy

BYO Pizza  
Shaved Ice

AT SUSIE'S KITCHEN, CAMPERS WILL WORK HANDS-ON TO PREPARE NUTRITIOUS AND DELICIOUS FOOD.

PLEASE BE AWARE THAT FOODS USED IN THE KITCHEN MAY CONTAIN OR COME INTO CONTACT WITH COMMON ALLERGENS SUCH AS DAIRY, EGGS, WHEAT, SOYBEANS, TREE NUTS, PEANUTS, SESAME, FISH OR SHELLFISH. PLEASE INFORM DR. HERNANDEZ OF ANY FOOD ALLERGIES.

\*VEGETABLE OR TOFU OPTIONS AVAILABLE FOR LUNCH ENTREES