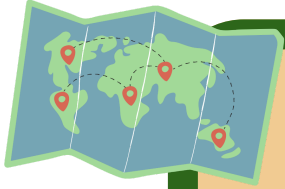




INTERNATIONAL MENU

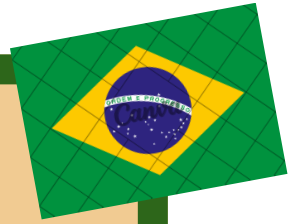
SESSIONS 1 - 3

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 - Japan

Pork or Tofu Yakisoba
Japanese Fruit Sando

Thursday - Thailand

Chicken Satay with Peanut Sauce
Lucky 7 Rice
Thai Cucumber Salad
Mango Sago



Friday - Italy

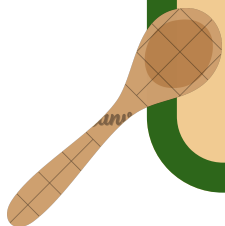
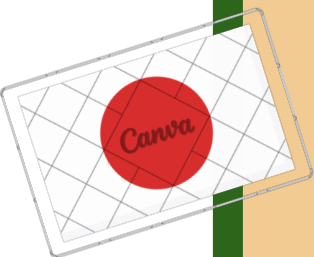
BYO Pizza
Italian Ice



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 - Safety First, Chefs!

Fajita Power Bowl with Cilantro Lime Rice
Corn Salsa
Apple Nachos with Granola & Lemon Agave Yogurt

Tuesday - Power-Up Plate Day

Chicken Chow Mein
Mango Sticky Rice

Wednesday - Eat the Rainbow

Baked Spring Roll Bar
Peanut Sauce
Coconut Macaroons

Thursday - Protein Power-up

Savory Empanadas
Chimichurri
Chocolate Mousse

Friday - In Crust We Trust

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