Frost Science Winter Camp 2023/2024

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
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 cartridge sticks and ranch, gogurt

All meals served with a can of water and fresh fruit
| **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.
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