

# LUNCH MENU

FROST SCIENCE SUMMER CAMP 2026

## MENU A: Regular

## MENU B: Vegetarian

### Monday

**Main:** Chicken nuggets  
**Sides:** Brown rice, carrot sticks, banana  
**Contains:** Eggs, milk, soy, wheat, chicken

**Main:** Veggie nuggets  
**Sides:** Brown rice, carrot sticks, banana  
**Contains:** Eggs, milk, soy, wheat

### Tuesday

**Main:** Spaghetti  
**Sides:** Wheat dinner roll, sliced apple, cookie  
**Contains:** Eggs, milk, soy, wheat, dairy

**Main:** Spaghetti  
**Sides:** Wheat dinner roll, sliced apple, cookie  
**Contains:** Eggs, milk, soy, wheat, dairy

### Wednesday

**Main:** Grilled chicken sandwich  
**Sides:** Fries, sliced cucumber, clementines  
**Contains:** Dairy, wheat, chicken

**Main:** Grilled veggie chicken sandwich  
**Sides:** Fries, sliced cucumber, clementines  
**Contains:** Dairy, wheat

### Thursday

**Main:** Cheese pizza  
**Sides:** Grapes, carrot sticks, cookie  
**Contains:** Wheat, dairy, eggs, soy, dairy

**Main:** Cheese pizza  
**Sides:** Grapes, carrot sticks, cookie  
**Contains:** Wheat, dairy, eggs, soy, dairy

### Friday

**Main:** Cheese quesadilla  
**Sides:** black beans, brown rice, apple slices  
**Contains:** Wheat, milk, egg, soy, chicken

**Main:** Cheese quesadilla  
**Sides:** Black beans, brown rice, apple slices  
**Contains:** Wheat, milk, egg, soy

Monday

# INGREDIENTS LIST

## MENU A: Regular

### Chicken Nuggets

Boneless Skinless Chicken Breast Chunks, Water, Chicken Flavor [modified Rice Starch, Maltodextrin, Hydrolyzed Soy Protein, Flavor, Chicken Fat, Tapioca Dextrin, Onion Juice Concentrate, Autolyzed Yeast Extract, Salt, Contains Less Than 2% (chicken Broth, Citric Acid, Dextrin, Disodium Guanylate, Disodium Inosinate, Disodium Phosphate, Dried Chicken, Lactic Acid, Modified Corn Starch, Pectin, Smoke Flavor, Succinic Acid, Sugar, Thiamine Hydrochloride)], Modified Food Starch, Vinegar, Sodium Phosphates, Salt. Breaded And Battered With: Wheat Flour, Water, Modified Corn Starch, Salt, Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Soybean Oil (as A Processing Aid), Spices (including Celery Seed), Soy Flour, Garlic Powder, Onion Powder, Extractives Of Paprika. Predusted With: Wheat Flour, Wheat Gluten, Salt, Soybean Oil (as A Processing Aid), Spices (including Celery Seed), Soy Flour, Garlic Powder, Onion Powder, Extractives Of Paprika. Breeding Set In Vegetable Oil.

**Contains: Soy, Wheat**

### Brown Rice

Long Grain Parboiled Brown Rice

### Yogurt

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch, Nonfat Milk. Contains 1% Or Less Of: Kosher Gelatin, Tricalcium Phosphate, Natural Flavor, Potassium Sorbate Added To Maintain Freshness, Vitamin A Acetate, Vitamin D3.

**Contains: Milk**

## MENU B: Vegetarian

### Veggie Nuggets

Water, Enriched Wheat Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Modified Corn Starch, Methylcellulose, Pea Protein\*, 2% Or Less Of Potato Starch, Expeller-pressed Canola Oil, Natural Flavors, Rice Flour, Salt, Coconut Oil, Onion Powder, Cellulose Fiber, Yeast Extract, Spices, Dried Garlic, Oat Bran, Dried Yeast, Paprika, Sugar, Garlic Powder, Potassium Salt, Oat Fiber, Leavening (sodium Acid Pyrophosphate, Baking Soda), Dried Onion, Dextrose, Citric Acid. Contains: Wheat May Contain: Soybean Oil, Wheat Gluten, Paprika, Spices, Dextrose, Leavening [sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate], Sugar, Sunflower Oil, Dried Onion, Dried Garlic, Yeast Extract, Natural Flavors, Soy, Flavoring (wheat Flour, Sugar, Sea Salt, Dried Yeast), Vital Wheat Gluten, Modified Corn Starch, Natural Flavors, Expeller-pressed Canola Oil, Pea Starch, Methylcellulose, And 1% Or Less Of Yeast Extract, Refined Coconut Oil, Salt, Garlic Powder, Onion Powder, Sodium Phosphates, Spices, Titanium Dioxide (for Color), Sunflower Lecithin.

**Contains: Soy, Wheat**

### Brown Rice

Long Grain Parboiled Brown Rice

### Yogurt

Cultured Nonfat Milk, Blueberries, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Locust Bean Gum, Lemon Juice Concentrate. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus.

**Contains: Milk**

# Tuesday **INGREDIENTS LIST**

## MENU A: Regular

### Spaghetti

Durum Wheat Semolina, Niacin, Iron (ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid.

**Contains: Wheat**

### Marinara Sauce

Tomatoes, Tomato Puree, Soybean Oil, Sucrose, Sea Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Citric Acid, Natural Flavors.

### Wheat Dinner Roll

Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Stoneground Whole Wheat Flour, Contains 2% Or Less Of The Following: Sugar, Soybean Oil, Salt, Yeast, Brown Sugar, Calcium Propionate (preservative), Wheat Starch, Enzymes, Ascorbic Acid.

**Contains: Soy, Wheat**

### Yogurt

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch, Nonfat Milk. Contains 1% Or Less Of: Kosher Gelatin, Tricalcium Phosphate, Natural Flavor, Potassium Sorbate Added To Maintain Freshness, Vitamin A Acetate, Vitamin D3.

**Contains: Milk**

### Chocolate Chip Cookie

Enriched Wheat Flour (wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Sugar, Brown Sugar, Margarine (vegetable Oil Blend [palm Fruit, Soybean And Olive Oils], Water, Salt, Non-fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Hershey's Milk Chocolate Kisses (sugar, Chocolate, Skim Milk, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavor), Milk Chocolate Chunks (sugar, Milk Powder, Cocoa Butter, Unsweetened Chocolate Processed With Alkali, Dextrose, Milk Fat, Soy Lecithin, Vanillin), Invert Sugar, Soy Flour, Salt, Baking Soda, Artificial Vanilla Flavor.

**Contains: Egg, Milk, Soy, Wheat**

## MENU B: Vegetarian

### Spaghetti

Durum Wheat Semolina, Niacin, Iron (ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid.

**Contains: Wheat**

### Marinara Sauce

Tomatoes, Tomato Puree, Soybean Oil, Sucrose, Sea Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Citric Acid, Natural Flavors.

### Wheat Dinner Roll

Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Stoneground Whole Wheat Flour, Contains 2% Or Less Of The Following: Sugar, Soybean Oil, Salt, Yeast, Brown Sugar, Calcium Propionate (preservative), Wheat Starch, Enzymes, Ascorbic Acid.

**Contains: Soy, Wheat**

### Yogurt

Cultured Nonfat Milk, Blueberries, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Locust Bean Gum, Lemon Juice Concentrate. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus.

**Contains: Milk**

### Chocolate Chip Cookie

Enriched Wheat Flour (wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Sugar, Brown Sugar, Margarine (vegetable Oil Blend [palm Fruit, Soybean And Olive Oils], Water, Salt, Non-fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Hershey's Milk Chocolate Kisses (sugar, Chocolate, Skim Milk, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavor), Milk Chocolate Chunks (sugar, Milk Powder, Cocoa Butter, Unsweetened Chocolate Processed With Alkali, Dextrose, Milk Fat, Soy Lecithin, Vanillin), Invert Sugar, Soy Flour, Salt, Baking Soda, Artificial Vanilla Flavor.

**Contains: Egg, Milk, Soy, Wheat**

# INGREDIENTS LIST

## MENU A: Regular

### Grilled Chicken

Chicken Breast Fillets With Rib Meat, Water, Contains 2% Or Less Of Salt, Isolated Soy Protein, Modified Food Starch, Sodium Phosphates, Corn Syrup Solids, Maltodextrin, Carrageenan, Chicken Broth, Chicken Fat And Natural Flavoring, Grill Flavor (contains Soybean Oil).

**Contains: Soy**

### Sandwich Bun

Unbleached Enriched Flour (wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, yeast, Palm Oil And/or Modified Palm Oil, Contains 2% Or Less Of The following: Oat Flour, Soybean Oil, Wheat Protein Isolate, Salt, Potato Flakes, potato Flour, Natural & Artificial Flavors, Calcium Propionate (preservative), spices (turmeric & Paprika), Potassium Sorbate (preservative), Wheat starch, Sodium Alginate, Sunflower Lecithin, Sunflower And/or Canola Oil, pea Protein, Potato Protein, Fava Bean Protein, Dextrose, Maltodextrins, cornstarch, Enzymes, Ascorbic Acid.

**Contains: Wheat**

### Fries

Potatoes, Vegetable Oil (contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified. Contains 2% Or Less Of Dextrin, Dextrose, Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Xanthan Gum. ingredientes: Papas, Aceite Vegetal (contiene Uno O Más De Los Siguietes Aceites: Canola, Soya, Semilla De Algodón, Girasol, Maíz), Almidón De Papa Modificado. Contiene 2% O Menos De Dextrina, Dextrosa, Polvos Para Hornear (pirofosfato Ácido De Sodio, Bicarbonato De Sodio), Harina De Arroz, Sal, Pirofosfato Ácido De Sodio Agregado Para Mantener El Color, Goma Xantan

### Yogurt

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch, Nonfat Milk. Contains 1% Or Less Of: Kosher Gelatin, Tricalcium Phosphate, Natural Flavor, Potassium Sorbate Added To Maintain Freshness, Vitamin A Acetate, Vitamin D3.

**Contains: Milk**

## MENU B: Vegetarian

### Grilled Vegetarian Chicken

Water, Soy Protein Isolate, Vital Wheat Gluten, Canola Oil, 2% Or Less Of: Methylcellulose, ancient Grain Flour (khorasan Wheat), Salt, Potato Starch, Natural Flavors, Sugar, Yeast Extract, titanium Dioxide (color), Black Pepper, Lactic Acid, Sunflower Oil.

**Contains: Soy, Wheat**

### Sandwich Bun

Unbleached Enriched Flour (wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, yeast, Palm Oil And/or Modified Palm Oil, Contains 2% Or Less Of The following: Oat Flour, Soybean Oil, Wheat Protein Isolate, Salt, Potato Flakes, potato Flour, Natural & Artificial Flavors, Calcium Propionate (preservative), spices (turmeric & Paprika), Potassium Sorbate (preservative), Wheat starch, Sodium Alginate, Sunflower Lecithin, Sunflower And/or Canola Oil, pea Protein, Potato Protein, Fava Bean Protein, Dextrose, Maltodextrins, cornstarch, Enzymes, Ascorbic Acid.

**Contains: Wheat. Made with BE ingredients.**

### Fries

Potatoes, Vegetable Oil (contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified. Contains 2% Or Less Of Dextrin, Dextrose, Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Xanthan Gum. ingredientes: Papas, Aceite Vegetal (contiene Uno O Más De Los Siguietes Aceites: Canola, Soya, Semilla De Algodón, Girasol, Maíz), Almidón De Papa Modificado. Contiene 2% O Menos De Dextrina, Dextrosa, Polvos Para Hornear (pirofosfato Ácido De Sodio, Bicarbonato De Sodio), Harina De Arroz, Sal, Pirofosfato Ácido De Sodio Agregado Para Mantener El Color, Goma Xantan

### Yogurt

Cultured Nonfat Milk, Blueberries, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Locust Bean Gum, Lemon Juice Concentrate. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus.

**Contains: Milk**

# Thursday **INGREDIENTS LIST**

## MENU A: Regular

### Cheese Pizza

Crust- Soft Wheat Flour, Water, Extra Virgin Olive Oil, Sunflower Oil, Salt, Yeast.  
Cheese- Low Moisture Mozzarella Cheese (pasteurized Milk, Cheese Cultures, Salt, Enzymes), Low Moisture Part Skim Mozzarella Cheese (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Unsmoked Provolone Cheese (pasteurized Milk, Cheese Cultures, Salt, Enzymes), Parmesan Cheese (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Romano Cheese Made With Cow's Milk (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking), Natamycin (a Natural Mold Inhibitor).  
Marinara Sauce -Tomatoes, Tomato Puree, Soybean Oil, Sucrose, Sea Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Citric Acid, Natural Flavors.

**Contains: Wheat, Milk**

### Yogurt

Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch, Nonfat Milk. Contains 1% Or Less Of: Kosher Gelatin, Tricalcium Phosphate, Natural Flavor, Potassium Sorbate Added To Maintain Freshness, Vitamin A Acetate, Vitamin D3.

**Contains: Milk**

### Chocolate Chip Cookie

Enriched Wheat Flour (wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Sugar, Brown Sugar, Margarine (vegetable Oil Blend [palm Fruit, Soybean And Olive Oils], Water, Salt, Non-fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Hershey's Milk Chocolate Kisses (sugar, Chocolate, Skim Milk, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavor), Milk Chocolate Chunks (sugar, Milk Powder, Cocoa Butter, Unsweetened Chocolate Processed With Alkali, Dextrose, Milk Fat, Soy Lecithin, Vanillin), Invert Sugar, Soy Flour, Salt, Baking Soda, Artificial Vanilla Flavor.

**Contains: Eggs, Milk, Soy, Wheat**

## MENU B: Vegetarian

### Cheese Pizza

Crust- Soft Wheat Flour, Water, Extra Virgin Olive Oil, Sunflower Oil, Salt, Yeast.  
Cheese- Low Moisture Mozzarella Cheese (pasteurized Milk, Cheese Cultures, Salt, Enzymes), Low Moisture Part Skim Mozzarella Cheese (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Unsmoked Provolone Cheese (pasteurized Milk, Cheese Cultures, Salt, Enzymes), Parmesan Cheese (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Romano Cheese Made With Cow's Milk (pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking), Natamycin (a Natural Mold Inhibitor).  
Marinara Sauce -Tomatoes, Tomato Puree, Soybean Oil, Sucrose, Sea Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Citric Acid, Natural Flavors.

**Contains: Wheat, Milk**

### Yogurt

Cultured Nonfat Milk, Blueberries, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Locust Bean Gum, Lemon Juice Concentrate. Contains Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei And L. Rhamnosus.

**Contains: Milk**

### Chocolate Chip Cookie

Enriched Wheat Flour (wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chunks (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Sugar, Brown Sugar, Margarine (vegetable Oil Blend [palm Fruit, Soybean And Olive Oils], Water, Salt, Non-fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Hershey's Milk Chocolate Kisses (sugar, Chocolate, Skim Milk, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavor), Milk Chocolate Chunks (sugar, Milk Powder, Cocoa Butter, Unsweetened Chocolate Processed With Alkali, Dextrose, Milk Fat, Soy Lecithin, Vanillin), Invert Sugar, Soy Flour, Salt, Baking Soda, Artificial Vanilla Flavor.

**Contains: Eggs, Milk, Soy, Wheat**

# Friday **INGREDIENTS LIST**

## MENU A: Regular

### **Cheese Quesadilla**

Enriched Bleached Flour (flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, And Calcium Propionate And Sorbic Acid (to Maintain Freshness).

**Contains: Wheat**

**Free from Crustaceans, Eggs, Fish, Milk, Mollusks, Peanuts, Sesame seeds, Shellfish, Soy, Tree Nuts**

### **Monterey Cheese Mix**

Cheddar Cheese (pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [color]), Monterey Jack Cheese (pasteurized Milk, Cheese Culture, Salt, Enzymes), Potato Starch, Corn Starch, Powdered Cellulose. (added To Prevent Caking). contains: Milk.

**Contains: Milk**

### **Black Beans**

Prepared Black Beans, Water, Salt, Calcium Chloride To Help Maintain Firmness And Ferrous Gluconate (to Promote Color Retention).

### **Brown Rice**

Long Grain Parboiled Brown Rice

## MENU B: Vegetarian

### **Cheese Quesadilla**

Enriched Bleached Flour (flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, And Calcium Propionate And Sorbic Acid (to Maintain Freshness).

**Contains: Wheat**

**Free from Crustaceans, Eggs, Fish, Milk, Mollusks, Peanuts, Sesame seeds, Shellfish, Soy, Tree Nuts**

### **Monterey Cheese Mix**

Cheddar Cheese (pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [color]), Monterey Jack Cheese (pasteurized Milk, Cheese Culture, Salt, Enzymes), Potato Starch, Corn Starch, Powdered Cellulose. (added To Prevent Caking). contains: Milk.

**Contains: Milk**

### **Black Beans**

Prepared Black Beans, Water, Salt, Calcium Chloride To Help Maintain Firmness And Ferrous Gluconate (to Promote Color Retention).

### **Brown Rice**

Long Grain Parboiled Brown Rice