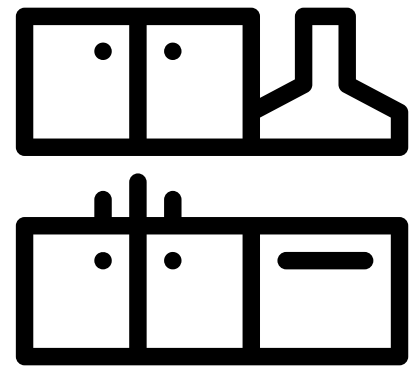


Serving Up My Plate

Susie's Kitchen Culinary Camp



MENU

Morning Snack
Lunch Entree
Afternoon Snack

Mon

Day 1: Kitchen Overview and Safety

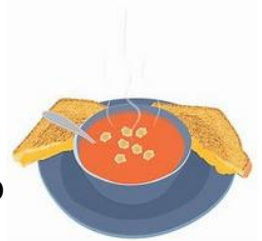
Energy Bites
Veggie Quesadillas
Berry Blast Smoothie



Tue

Day 2: MOOvelous Dairy

Yogurt Parfait
Grilled Mac & Cheese Sandwich with Tomato Soup
NiceCream



Wed

Day 3: Fruit and Veggie Adventure

Rainbow Fruit Kabobs
Chicken Parmesan over Zoodles
Roasted Spiced Edamame



Thu

Day 4: Great Grains!

Good Morning Bar
Pasta Alfredo with Garlic Bread
Chocolate Chip Oatmeal Pancakes



Fri

Day 5: Protein Packed

Greek Yogurt Bliss
Homemade Chicken Bites, Sweet Potato Fries
Longhorn Nibbles Trail Mix



At Susie's Kitchen, campers will work hands-on to prepare nutritious and delicious food. Recipes focus on International Cuisine to enhance nutrition knowledge on the benefits of key food components for each cuisine day. **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