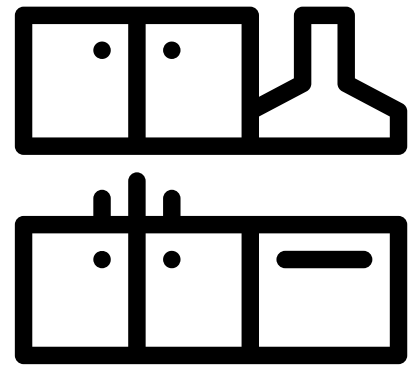


Choose Healthy Live Happy

Susie's Kitchen Culinary Camp



Snack and Entree Menu

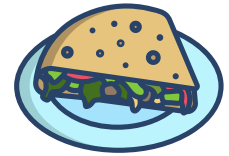
Mon

Day 1

Veggies and Dip

Veggie Quesadilla with Guacamole & Salsa

Esquites



Tue

Day 2 : Break the Fast!

Cheesy Apple Walnut Bruschetta

Veggie Frittata and Fruit

Granola Yogurt Parfait



Wed

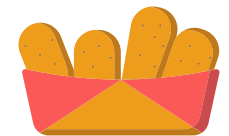
Day 3: PowerFull Protein

Energy Bites

Baked Chicken Tenders & Baked Sweet

Potato Fries

Hummus & Veggies



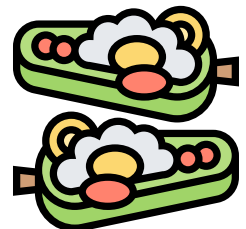
Thu

Day 4: Veggies, Fiber, & Fruit....Oh My!

Fruit Kebabs

Zucchini Boats and Fruit

Green Monster Smoothie



Fri

Day 5: Choose Healthy, Live Happy

Homemade Breakfast Bars

Turkey Taco Lettuce Wraps

Peanut Butter Chocolate Chip Cookies



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, sesame, peanuts, fish, shellfish or wheat.** Please inform Dr. Hernandez of any food allergies.