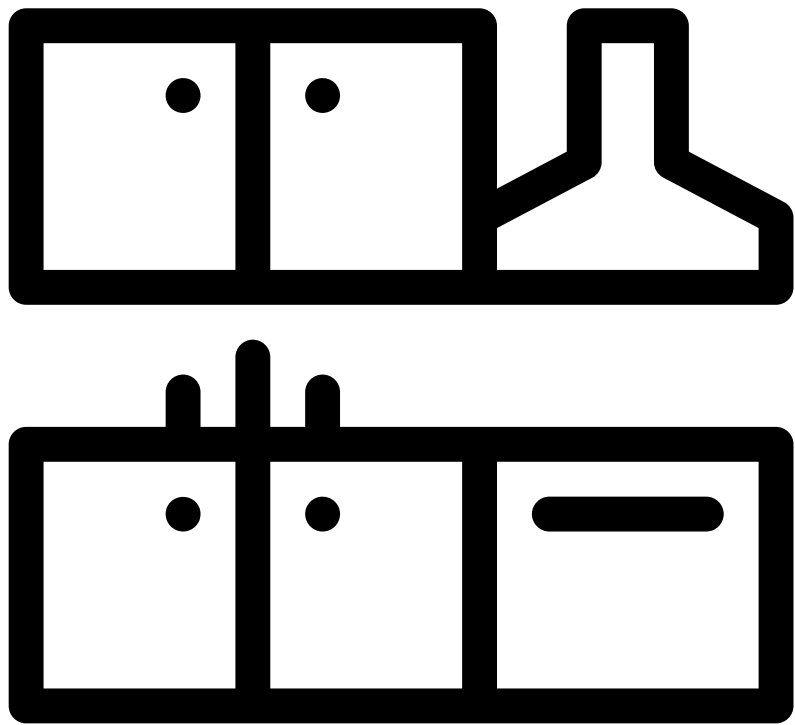


Serving Up My Plate

Susie's Kitchen Culinary Camp

MENU

Morning Snack
Lunch Entree
Afternoon Snack



Mon

Day 1: Kitchen Overview and Safety

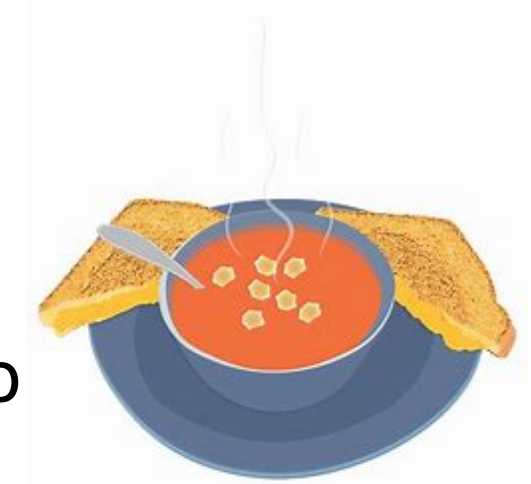
Energy Bites
Homemade Chicken Noodle Soup
Fruit Smoothie



Tue

Day 2: MOOvelous Dairy

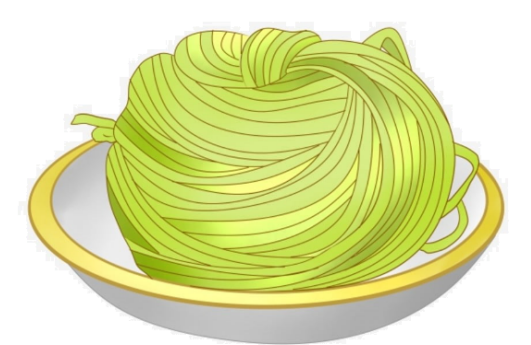
Yogurt Parfait
Grilled Mac & Cheese Sandwich with Tomato Soup
NiceCream



Wed

Day 3: Fruit and Veggie Adventure

Fruit Kabobs
Chicken Parmesan over Zoodles
Frozen Banana Popsicles



Thu

Day 4: Great Grains!

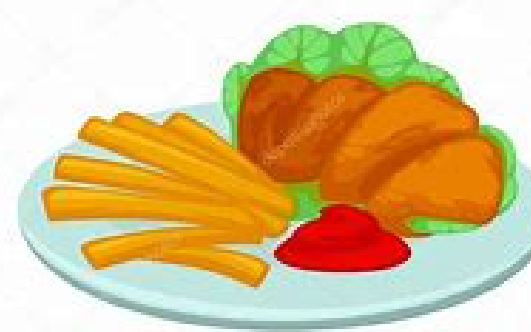
Breakfast Bar
Pasta Alfredo with Garlic Bread
Chocolate Chip/Blueberry Oatmeal Pancakes



Fri

Day 5: Protein Packed

Greek Yogurt Bark
Homemade Chicken Nuggets with Carrot Fries
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