

# Camp Meal plan

**JULY 8 - 12**

	Monday	Tuesday	Wednesday	Thursday	Friday
snack	<ul style="list-style-type: none"> <li>• Apple</li> <li>• Cheese string</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Banana</li> <li>• Yogurt (Select flavour)</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Orange</li> <li>• Cheese string</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Strawberries</li> <li>• Yogurt (Select flavour)</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Pear</li> <li>• Cheese string</li> <li>• Water</li> </ul>
lunch	<p><b>Sandwich:</b></p> <ul style="list-style-type: none"> <li>• 2 slices whole wheat bread</li> <li>• Margarine</li> <li>• Lettuce</li> <li>• Chicken slices</li> </ul> <p><b>Side:</b></p> <ul style="list-style-type: none"> <li>• Cucumber slices</li> <li>• Choice of salad dressing dip</li> </ul> <p><b>Drink:</b></p> <ul style="list-style-type: none"> <li>• Choice of juice box</li> </ul>	<p><b>Chicken Caesar Wrap:</b></p> <ul style="list-style-type: none"> <li>• Whole wheat wrap</li> <li>• Grilled chicken chunks</li> <li>• Caesar dressing</li> <li>• Shredded lettuce</li> </ul> <p><b>Side:</b></p> <ul style="list-style-type: none"> <li>• Baby carrots</li> <li>• Choice of salad dressing dip</li> </ul> <p><b>Drink:</b></p> <ul style="list-style-type: none"> <li>• Choice of juice box</li> </ul>	<p><b>Salad Bowl:</b></p> <ul style="list-style-type: none"> <li>• Choice of dressing</li> <li>• Cherry tomatoes</li> <li>• Romaine lettuce</li> <li>• Cucumbers and carrots</li> </ul> <p><b>Side:</b></p> <ul style="list-style-type: none"> <li>• Ritz crackers</li> <li>• Choice of boiled egg</li> </ul> <p><b>Drink:</b></p> <ul style="list-style-type: none"> <li>• Choice of juice box</li> </ul>	<p><b>Sandwich:</b></p> <ul style="list-style-type: none"> <li>• 2 slices whole wheat bread</li> <li>• Mayonaise</li> <li>• Lettuce</li> <li>• Turkey slices and marble cheese</li> </ul> <p><b>Side:</b></p> <ul style="list-style-type: none"> <li>• Celery sticks</li> <li>• Choice of salad dressing dip</li> </ul> <p><b>Drink:</b></p> <ul style="list-style-type: none"> <li>• Choice of juice box</li> </ul>	<p><b>Pita:</b></p> <ul style="list-style-type: none"> <li>• Sliced pita triangles</li> <li>• Hummus dip</li> <li>• Spinach dip</li> <li>• Cubed cheese</li> </ul> <p><b>Side:</b></p> <ul style="list-style-type: none"> <li>• Sliced bell peppers</li> <li>• Choice of salad dressing dip</li> </ul> <p><b>Drink:</b></p> <ul style="list-style-type: none"> <li>• Choice of juice box</li> </ul>
snack	<ul style="list-style-type: none"> <li>• Goldfish</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Granola bar (Peanut Free)</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Rice Krispy Square</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Ritz Crackers</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Goldfish</li> <li>• Water</li> </ul>

At Dance Kids, we ensure that your child receives a nutritious and balanced meal each day, along with two delicious snacks to keep their energy levels up. We provide unlimited water bottles and juice boxes to keep them hydrated throughout their active camp day. All meals are thoughtfully prepared in the morning and delivered to the camp in coolers, ensuring they remain fresh and tasty. Rest assured, our meals are free from beef, pork, and nut products, catering to a variety of dietary preferences and allergies.

**This convenient meal service allows you to focus on your day, knowing that your child is well-fed and happy.**