

Mountain Berry Culinary

ECDS Summer Camp Lunches and Snacks 2023

Each lunch/snack box includes:

1. Sandwich
2. Fresh Fruit
3. Sweet Treat
4. Something Salty (2)
5. Cheese stick or Fruit cup

Lunch Ingredients

<p>Breads</p> <ul style="list-style-type: none"> • Croissant (sliced) • White and Wheat sliced loaf • Buns or Rolls (sliced) 	<p>Deli Meat and Cheese</p> <ul style="list-style-type: none"> • Turkey • Ham • Sliced Cheese (Cheddar, American, Provolone)
<p>Fresh Fruit</p> <ul style="list-style-type: none"> • Berries • Apples • Cuties, Oranges • Lunch Bunch Grapes • Baby Carrots 	<p>Sweet Treats</p> <ul style="list-style-type: none"> • Brownies • Cookies (Oreos, Keebler, Grandmas, Famous Amos) • Fruit snacks • Granola Bars • Graham Crackers
<p>Salty Snacks (whole grain where possible) 1 oz</p> <ul style="list-style-type: none"> • Goldfish • Lays • Pretzels • Sun Chips • Chex Mix • Pop Chips • Pirate's Booty 	<p>Other items</p> <ul style="list-style-type: none"> • Paper Sack • Napkin • PC Mayo • PC Mustard
<p>Additional Snacks</p> <ul style="list-style-type: none"> • Cheese Stick (mozz and cheddar) • Baby Bell Cheese Rounds (any flavor) • Fruit Cups (variety) • Apple Sauce (individual) 	