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| **GRADE 9 WINTER MENU PLAN** | | | | |
| **Day** | **Breakfast** | **Lunch** | **Dinner** | **Snacks** |
| **Wednesday** | **Explore Superstar Meal Checklist**   * Nutrition specific to winter camping * Include measurements i.e. 2 cups of rotini pasta * Efficient meal prep&clean up * **No** Packaging * **No Nut** Zone! * **No** Raw Meat or Eggs * **No** Jars or Cans of Soup * **No** Gum, Candy or Spitz | ***Bag Lunch*** | *Hot with Hot Drinks*  Carb:  Protein:  Good Fats:  Vegetable:  Hot Drinks:  Dessert: | **(\*\*Have snacks in your pocket for when you arrive to eat during camp set-up bc it will be a late lunch)** |
| **Thursday** | *Hot with Hot Drinks*  (ex. granola/oatmeal/cream of wheat)  Carb =  Protein =  Dried Fruit =  Hot Drinks = | ***$15 for Lodge Lunch*** | *Hot with Hot Drinks*  Carb:  Protein:  Good Fats:  Vegetable:  Hot Drinks:  Dessert: | **(Bring plenty of snacks to sustain you between meals while skiing on the trails)** |
| **Friday** | *Bring Hot Instant Oatmeal!*  Oatmeal:  Dried Fruit:  Seeds:  Hot Drinks: | *Cold(we won’t stop anywhere on the way home so bring a good lunch)*  Carb =  Protein =  Good Fats = | *At Home* |  |

Group Members:

#1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone #/email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone #/email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone #/email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone #/email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Allergies:

Preferences: