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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: