

Day	Menu*	Common Allergens**
<b>Monday</b>	Chicken tenders Fruit (may contain watermelon, cantaloupe, grapes, oranges, apples, strawberries, pineapple) Fries	Contains: gluten
<b>Tuesday</b>	Cheeseburger Fruit Fries	Contains: gluten, dairy
<b>Wednesday</b>	Chicken nachos Fruit Fries	Contains: gluten, dairy
<b>Thursday</b>	Grilled cheese Fruit Fries	Contains: gluten, dairy
<b>Friday</b>	Pizza (pepperoni, cheese) Fruit Green salad with ranch	Contains: gluten, dairy

\*Lunches include MinuteMaid juice or non-caffeinated soda.

\*\*Our catering kitchen, Icon Culinary, is happy to accommodate dietary restrictions. Please contact [specialprograms@thelivingplanet.com](mailto:specialprograms@thelivingplanet.com) to create the perfect menu for your camper(s).

Snacks are provided each morning and afternoon. You can find a list of approved camp snacks below. For the safety of our campers, we strive to include only snacks that are peanut/tree nut free\*. Camp leaders select snacks from this list each week to accommodate the specific allergies and dietary restrictions of the campers.

Brand names are included where possible so that participants may verify ingredients and allergens.

- Baby carrots and Hidden Valley Ranch
- Sliced apples
- Mott's applesauce
- Mandarin oranges in water or light syrup
- Yoplait Gogurt
- Frigo Cheese Head mozzarella string cheese
- Snyder's of Hanover mini pretzels
- Mott's fruit flavored snacks
- Pepperidge Farm Goldfish crackers (original)
- Honeymaid graham crackers
- Otter Pops freezer pops (original)
- SkinnyPop popcorn
- Produce (apples, berries, oranges, bananas)

\*Because ingredients and facilities are subject to change without warning, we encourage guardians to independently verify allergen information for the snacks listed above. If one of the snacks on our list is no longer peanut/tree nut free, please notify us so that we can remove it from our list.