

Highlands Wilderness Day Camp

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Morning Snack	Fruit and Banana Muffins	Fruit and Carrot Cake	Fruit, Corn Bread & Syrup	Fruit and Oatmeal Muffins	Fruit and Applesauce Cake
Lunch	Mac and Cheese, & Carrot Sticks	Chicken Noodle Soup, Grilled Cheese Sandwiches, Veggies & Dip	Spaghetti, Garlic Bread and Caesar Salad	Pancake with Berries, and Apple Sauce	Cook out! Hot Dogs, Crispers, S'mores, Veggies and Dip
Afternoon Snack	Rice Krispie Squares	Oatmeal Chocolate Chip Cookies	Granola Bars	Yogurt	Freezies

*All snacks are served with juice and water. All Lunches are served with chocolate milk and water.

Please notify Kelly (skiinfo@highlandsnordic.ca) if there are any food allergies or intolerances.