

COOKING INGREDIENTS

VIRTUAL CAMP REACH FOR THE SKY WEEK 2

MONDAY CHOCOLATE CHIP CRUNCH COOKIES

Flour, Baking Soda, Salt, Dark Chocolate, Milk Chocolate, Butter, Brown Sugar, Eggs, Corn Flakes

TUESDAY GRILLED CHEESE AND TACO TUESDAY WITH TUESDAY

Grilled Cheese: Your choice of bread, Your choice of cheese, Deli Meats, Butter, and Your favorite sandwich toppings

Taco Tuesday: Tortillas, Eggs, Black Beans, Avocado, Sour Cream, Cheese, Salsa, Butter

WEDNESDAY PULLED PORK SANDWICHES

Pork Butt/Shoulder, Your favorite Rub/Seasoning (cumin is popular), BBQ Sauce, Ketchup, Brown Sugar, Cider Vinegar, Your choice of bread, Your favorite BBQ sides!

THURSDAY FRITTATAS AND SMOOTHIES

Frittatas : Eggs, Milk, Salt & Pepper, Garlic Powder, Favorite Veggies, Favorite Meats, Shredded Cheese, Oil/Non-Stick Spray

Smoothies: Frozen Fruit of your choice, Frozen Banana, Spinach, Milk, Small Container of Yogurt

FRIDAY MEDITERRANEAN CHICKEN

Skinless Chicken Thighs, Artichokes, Kalamata Olives, Lemon, Feta Cheese, Baby Spinach, Favorite Cooking Oil, Favorite Spice Blend