

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**

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

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