



LUNCH PACKING INSTRUCTIONS

HAPPY CAMPERS: 9 SUMMER CAMP SECRETS FOR RAISING KIDS WHO BECOME THRIVING ADULTS



1 Main Entrée

(PACK 1)

- Sandwich
- Trader Joe's Salad or Wrap
- Salami & Cheese + Crackers
- Bagel & Cream Cheese
- Tuna pack
- Other approved main entrée



2 Dairy

(PACK 1 - 2)

- Yogurt
- Gogurt
- String cheese
- Milk or Chocolate milk
- Yogurt drink



3 Fruits/Veggies

(PACK 2)

- Piece of fruit (any)
- Dried fruit (raisins, apricots, etc.)
- Apple sauce
- Canned fruit (mandarin oranges, pineapple, etc.)
- Bagged veggies/fruits (baby carrots, grapes, red pepper slices)



4 Chips/Extra

(PACK 1 - 2)

- Crackers
- Chips
- Goldfish
- Pretzels
- Granola bar
- Almonds or other nuts
- Trail mix



5 Dessert/Treat

(PACK 1)

- Oreos/other cookies (2-3 small, one large)
- Small candy (if you have from an event)
- Tigers Milk bar
- Caramel sauce with apple slices



6 Snacks/Extra

- Chose any extra item from 2, 3, or 4



Don't forget water bottle, napkin, and spoon/fork (as needed)!