

Healthy Herd Snack List:

Below is the snack list for the Healthy Herd Youth Camp. Campers will have the option of one of the listed snacks on the given day. We will rotate weeks for our snack offering to try and offer variety. Campers will be offered both snack options but do not have to take any of them. Campers can bring their own snack if they would like. Our snacks follow the Child and Adult Care Food Program guidelines. Both the snacks and the lunch list have been approved by a registered dietician.

Monday	Tuesday	Wednesday	Thursday	Friday
Goldfish & fruit cup (packed in juice)	Popcorn & Applesauce	Scooby graham cracker pack & String cheese	Animal Crackers & fruit cup (packed in juice)	Belvita Snack Bites & Fruit Strip
Pop chips & fruit cup (packed in juice)	Pretzels & Fruit Strip	Applesauce & Animal Crackers	Goldfish & fruit cup (packed in juice)	Tortilla chips & string cheese

Healthy Herd Lunch List:

Below is the lunch menu offered by Sodexo, Marshall's on-campus dining supplier. We have limited availability to make edits to the lunches. If you need special accommodation please contact Zach Kula, kula@marshall.edu, for more information. Campers are encouraged to bring their own lunches. Lunches supplied by Sodexo or brought from home should meet [Child and Adult Care Food Program Guidelines \(CACFP\)](#).

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey, Cheese & Lettuce wrap, carrot sticks, apple slices, sugar cookie	Ham, Cheese & Lettuce on whole grain bread, cucumber slices, pineapple chunks, yogurt cup	Turkey, Cheese & Lettuce wrap, celery sticks, cantaloupe chunks, chocolate chip cookie	Bologna, cheese & lettuce on whole grain bread, carrot sticks, honey dew chunks, brownie	Ham, cheese & Lettuce on whole grain bread, celery sticks, orange wedges, yogurt cup