

FRESH. TASTY. HEALTHY MENU

Rotary Youth Centre 4517 – 54 Street Camrose

Beverages:\$2.00

Water

Apple Juice

Orange Juice

White Milk

Chocolate Milk

Lactose free Milk

Powerade **\$3.00**



Snacks and Sides:

Veggies and Dip \$1.00

Fresh Fruit Cup \$1.00

Yogurt Parfaits \$2.00

Apple or Banana \$0.50

Cheese Strings \$0.50

Motts Apple Sauces \$0.50

Frozen Yogurt Tubes \$1.00

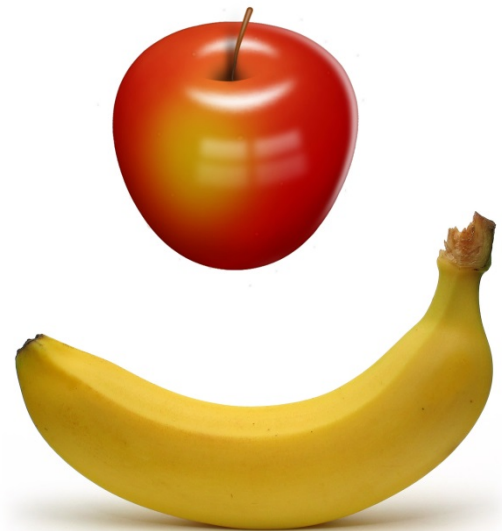
Granola Bars \$0.50

Sun Rype Fruit to Go \$0.50

Cliff Bars \$1.50

Cookies (packaged) \$1.00

Real Fruit Gummies \$1.00



Meal items:

Ham and Cheese Biscuits (4)	\$3.00
Bacon and Egger	\$4.00
Ham Omelet with toast	\$5.00
Soup	\$2.00
Soup and biscuit	\$2.50
Pasta Salad	\$2.00
Ham Sub	\$3.50
Whole Wheat Turkey Wrap	\$3.50
Meat and Cheese Platter	\$3.00
Spinach Dip platter with Veggies	\$3.00



Meal Combos:

Ham Sub or Turkey Wrap with a bottle of water and piece of fruit.
(no substitutions) \$5.00

Soup and a biscuit with a bottle of water and piece of fruit.
(no substitutions) \$4.00

Assorted Baking Trays - \$3.00 each

Mini muffins
Apple Bread
Banana Bread
Cookies
Cinnamon Buns

