



Rakad 2023 Lunch Menu



Monday:

Chicken Tenders, Mac-n-Cheese,
Sunbutter & Jelly sandwiches, Carrots, Apples
and Oreo Cookies*

Tuesday:

Tacos with Flour or Corn Tortillas, optional toppings:
Ground Beef, Black Beans, Sour Cream, Lettuce, Tomatoes,
Cheese, & Salsa, Sunbutter & Jelly sandwiches,
Oranges, and Oreo Cookies*

Wednesday:

Pasta* with optional marinara sauce, Sunbutter & Jelly sandwiches.
Garlic Bread, Side Salad, and Oreo Cookies*

Thursday:

Guatemalan Chicken, Rice, Black Beans, Corn Tortillas,
Avocados, Oranges, Sunbutter & Jelly sandwiches,
and Oreo Cookies*

Friday:

Cheese & Pepperoni Pizza*, Side Salad, Carrots,
Sunbutter & Jelly sandwiches,
and Oreo Cookies*

At Rakad, we believe that
food is love!

We work hard to be inclusive
in our menu. If you need
dietary accommodations
please let us know so that
your camper can safely eat at
Rakad Dance Camp.

Lunch is included at Rakad.

Your camper is welcome to
bring their own packed
lunch from home, but we ask
that **NO** peanut products be
brought to camp for the
safety of all of our campers
and volunteers

*Gluten Free Options. available