



NFCI Culinary Youth Camps

8-10 Year Olds — Week One

Weekday	Theme	Breakfast	Lunch	Snack	Dessert
Monday	Basic Knife and Measuring Skills	Stuffed French Toast Rollups	Chopped Chicken Salad with Ranch Dressing	Energy Bites	Broiler S'mores
Tuesday	Baking Fundamentals	Yogurt Bowls with Class-made Granola	Pizza Day!	Garlic Knots	Chocolate Chip Cookies
Wednesday	Safety with Food	Make your own Omelet	Grilled Chicken with Cheesy Mashed Potatoes	Grilled Vegetables	<i>TBD</i>
Thursday	Understanding Seasonings	Breakfast Hash	Taco Bar	Elote	Hand Pies
Friday	Different Ways of Cooking	Pancakes	Fried Rice w/ Chicken	<i>TBD</i>	Cupcake Decorating!



NFCI Culinary Youth Camps

8-10 Year Olds — Week Two

Weekday	Theme	Breakfast	Lunch	Snack	Dessert
Monday	Basic Knife and Measuring Skills	Stuffed French Toast Rollups	Chopped Chicken Salad with Ranch Dressing	Energy Bites	Broiler S'mores
Tuesday	Baking Fundamentals	Yogurt Bowls with Class-made Granola	Pizza Day!	Garlic Knots	Chocolate Chip Cookies
Wednesday	Safety with Food	Make your own Omelet	Grilled Chicken with Cheesy Mashed Potatoes	Grilled Vegetables	<i>TBD</i>
Thursday	Understanding Seasonings	Breakfast Hash	Taco Bar	Elote	Hand Pies
Friday	Different Ways of Cooking	Pancakes	Fried Rice w/ Chicken	<i>TBD</i>	Cupcake Decorating!



NFCI Culinary Youth Camps

11-13 Year Olds — Week One

Weekday	Theme	Breakfast	Lunch	Snack	Dessert
Monday	Kitchen Basics	Pancakes	Pan-Seared Chicken with Rice and Gravy	Roasted Veggies	Brownies
Tuesday	Comfort Food	Sausage Gravy and Biscuits	Sloppy Joes	<i>TBD</i>	Fruit Crumble
Wednesday	Around the World	Potato Pancakes	Ramen Bowls	Tempura Veggies	Tres Leches Cake
Thursday	Carnival Day!	Homemade Pop Tarts	Loaded Nachos with Homemade Chips	Pigs in a Blanket	Fried Dough Bites
Friday	Sweet/Savory	Monte Cristo	Swedish Meatballs with Jam	Mashed Potatoes	Nutella Mousse with Shortbread Sticks



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Tuesday	Comfort Food	Sausage Gravy and Biscuits	Sloppy Joes	<i>TBD</i>	Fruit Crumble
Wednesday	Around the World	Potato Pancakes	Ramen Bowls	Tempura Veggies	Tres Leches Cake
Thursday	Carnival Day!	Homemade Pop Tarts	Loaded Nachos with Homemade Chips	Pigs in a Blanket	Fried Dough Bites
Friday	Sweet/Savory	Monte Cristo	Swedish Meatballs with Jam	Mashed Potatoes	Nutella Mousse with Shortbread Sticks



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11-13 Year Olds — Baking Week

Weekday	Theme	Breakfast	Lunch	Snack	Dessert
Monday	Baking Basics	Banana Pancakes	Pita Sandwiches	Greek Salad	Design your own Krispy Treats
Tuesday	Yeast Products	Cinnamon Rolls	Pizza	Cheesy Garlic Bread	Chocolate Dipped Pretzel Wands
Wednesday	Around the World	Biscuit Breakfast Sandwich	Burritos with Class-Made Tortillas	Guacamole and Beans	Bread Pudding Cupcakes
Thursday	Carnival Day!	Coffee Cake	Class-Made Hot Pockets	Garlic Parmesan Broccoli	Apple Crisp
Friday	Working with Flavors	Breakfast Casserole	Homemade Crunchwraps	Spanish Rice	Cake Decorating Challenge!



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14-17 Year Olds — Week One

Weekday	Theme	Breakfast	Lunch	Snack	Dessert
Monday	Summer Traditions	Peach Pancakes and Fruit Salad	Barbecued Chicken and Watermelon	Macaroni Salad	Fried Oreos
Tuesday	Street Foods	Bagel Breakfast Sandwich	Street Tacos	Street Corn Bowl (Esquites)	Filled Churros
Wednesday	Southern Comforts	Sausage Gravy and Biscuits	Fried Chicken	Mac and Cheese and Collard Greens	Banana Pudding
Thursday	Indian	Stuffed French Toast	Butter Chicken w/ Basmati Rice	Samosas	Rice Pudding
Friday	Competition Day!	Chocolate Chip Pancakes	Chopped Competition	Chopped Competition	Brownies your own way