



Summer Intensives Menu Options

Students will be engaged and working hard all-day during workshops and classes. At Fantasy Dance School Summer Intensives, we aim to provide well-balanced, peanut butter free, snacks and meals, including foods from all food groups, that will fuel and energize them throughout the day.

- If your students have any food allergies we need to be aware of when prepping food, please let us know when registering.

Morning Snack

- Pancakes
- Waffles
- Yogurt
- Berries
- Strawberries
- Blueberries
- Fruits
- Banana
- Apples
- Grapes
- Oatmeal
- Cottage Cheese
- Boiled Egg
- Muffin / Pastry

Lunch

- Buckwheat
- Pasta:
- Ravioli
- Lasagna
- Tortellini
- Rice
- Chicken Rice Pilaf
- Chicken
- Meatballs
- Fish Fillets
- Salads
- Caprese
- Spring
- Garden Green
- Cesear
- Fruits
- Vegetables

- Students will be offered two or more choices from each column during their designated mealtimes, differing in choices each day.

- Students are welcome to bring their own lunch and snacks if desired.

* Food choices are subject to change based on enrollment, attendance, and accessible to food amount needed.