

Young Innovators Retreat

Food Menu

FRIDAY

Breakfast Breakfast like a normal day of school. *(not provided by retreat).*

Lunch Lunch like a normal day of school *(not provided by retreat).*

Snack Snack will be served between lunch and dinner. Snacks will also be available throughout the day.

Dinner Hamburger Buffet with potatoes and salad.

SATURDAY

Tortilla de Patata
Yogurt
Bread + Tomaca
Fruit
Pastries

Bocadillos, fruit, muffins, and chips.

Snack will be served between lunch and dinner. Snacks will also be available throughout the day.

Pizza, wings, and salad.

SUNDAY

Yogurt
Fruit
Pastries
Cereals
Batidos

All meal will be served in the ASM cafeteria using reusable bowls, plates, and utensils.

Snacks will consist of bocadillos, fruit, yogurt, cold cuts, cheese, and other snack-like foods that 10-14 year old kids like to eat.