



tiger treats!

5 reasons why you'll like us!

1. We make fresh healthy wholesome AND delicious food prepared with growing athletes in mind...
2. We make every attempt to find organic, local seasonal, sustainable ingredients ... no HFCS, no junk. We use raw honey, agave, or brown rice syrup instead of sugar.
3. We try to offer some items that are gluten-free, nut-free, dairy-free, and vegetarian every day.
4. We use "super-foods" to make high-protein snacks that nutritional experts and coaches agree help kids maximize their potential on the field...
5. We also make efforts to save the environment! ALL our packaging is bio-degradable, compostable, or made from recycled products!

(the fine print:)

- 🍷 please let us know if you have any special dietary needs or concerns...
- 🍷 specialty items and home-cooked meals can be ordered for pickup... just ask!

for more information,
please contact Miranda Kany
917.587.7098 or email
tigertreats.gfs@gmail.com
or go to
www.samirand.com

GFS Summer Camp Lunch Menu!

2016



healthy lunches and
snacks freshly
prepared by a local
chef and caterer!



healthy food for growing athletes...

tiger treats lunch

Each day kids will receive a brown paper lunch with their NAME ON IT, containing a sandwich, chips or pretzels, applesauce or yogurt with fruit and granola or hummus with carrots and celery or fresh fruit, a treat, and a drink (milk, chocolate milk, apple juice)

Sandwiches will vary each day (see the menu) if you think your kid will OBJECT to a certain sandwich or food choice, PLEASE let us know. We are happy to customize every lunch so your kid will be happy and eat it! We understand kids can be picky.

Your kid JUST WANTS peanut butter on white with no crusts? Tell us, we'll make it. No problem.

And, if your kid has any food needs, issues, allergies, anything, please let us know, so we can avoid those items too.

Lunches are \$8.50/day or \$40./week per kid
You can pay with cash or a check at registration on the first day of camp IF YOU HAVE ALREADY SIGNED UP by email at tigertreats.gfs@gmail.com or by text to Miranda at 917.587.7098.

Or you can pay with a credit card online at www.samirand.com... go to the paypal page.

Credit card payments are for one week, and have a surcharge of \$1.50 each transaction, so, 1 kid, 1 week = \$41.50 online.

Any questions, please call Miranda or email her.



week of June 13–17 and 20–24 lunch menu (for kids grades 1–6*)

Monday

Homemade Crispy Fried Chicken Tenders
Corn Muffin, Watermelon
Pretzels, Brownie, Apple Juice

Tuesday

Roast Beef Bretzel Sandwich with Cheese
Hummus with Carrots & Celery
Pirate Booty, Chocolate Chip Cookies, Chocolate Milk

Wednesday

Honey Roasted Turkey & Cheese on Soft Roll
Chips, Nutella with Apples
Chocolate Chip Banana Bread, Milk

Thursday

Bagel with Bacon, Egg & Cheese
Cinnamon Rice Cakes, Vanilla Yogurt with Fresh Fruit
Oatmeal Kitchen Sinks, Apple Juice

Friday

Chicken & Cheese Quesadillas!
Tortilla Chips, Applesauce, Banana,
Brown Rice Krispy Treat, Chocolate Milk

**there is also a menu for kids with slightly more sophisticated palates and adults...*

