

**-2019-**  
**SUMMER**  
**INTENSIVE**  
EVERGREEN CITY BALLET  
**IMMERSION**  
**PROJECT**

## ***Meal Ideas for Summer Intensive Students***

### **Lunch**

Peanut Butter and Jelly  
Tuna Salad Sandwich  
Chicken Caesar Salad  
Hard boiled Eggs  
Ham and Cheese Sandwich  
Apples and Peanut Butter  
Trail Mix  
Cut Fruit  
Berries  
Cut Veggies and Dip or Hummus  
Yogurt and Granola  
Dried Fruit/Fruit leather  
Popcorn  
Pretzels  
String Cheese  
Turkey/Roast Beef Sandwich  
Bagel and Cream Cheese (can add lox, capers, onions)  
Pasta Salad

### **Dinner**

Tacos  
Vegetable Stir Fry with Tofu  
Spaghetti/Pasta (can add meat/vegetables/ different sauces)  
Curry with Chicken, Beef, Fish or Tofu  
Breakfast for Dinner, Eggs, Bacon, Pancakes, etc.  
Canned Soup  
Burritos  
Macaroni and Cheese (can add frozen veggies, tofu or chicken)  
Healthy Frozen Meals  
Grilled Cheese  
Rice & Beans (can add cheese, salsa, guacamole, sour cream etc)  
Sushi from the grocery store (only good for consumption the next day)