



# American Dance Training Camp

The ULTIMATE Overnight Dance Camp!

[www.AmericanDanceTrainingCamp.com](http://www.AmericanDanceTrainingCamp.com)

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## Typical Weekly Menu

(Subject to change)

### Monday:

*Breakfast:*

Milk, Juice  
Bagels, Fresh Fruit  
Hot/Cold Cereal  
Muffins  
Coffee, Tea

*Lunch:*

Grilled Cheese, Tomato & Bacon  
Tomato Soup  
Salad Bar, Fresh Fruit

*Dinner:*

Spaghetti (Meatball/Veggie)  
Sauce and Pasta  
Garlic Bread, Salad Bar  
Dessert

### Thursday:

*Breakfast:*

Milk, Juice  
Bagels, Fresh Fruit  
Scrambled Eggs & Sausage  
Coffee, Tea

*Lunch (BBQ):*

Burgers, Hot Dogs, Veggie  
Burgers, Chips, Fruit Salad  
Smores

*Dinner:*

BBQ Flank Steak  
Oven Roasted Potatoes  
Veggies, Bread, Salad Bar  
Dessert

### Tuesday:

*Breakfast:*

Milk, Juice  
Bagels, Fresh Fruit  
Hot/Cold Cereal  
Eggs Any Style, Bacon, Home  
Fries  
Coffee, Tea

*Lunch:*

Taco Day  
Ground Turkey, Shells & Salsa  
Salad Bar, Fresh Fruit

*Dinner:*

Pizza (Cheese, Meat, Veggie)  
Bread, Salad Bar  
Dessert

### Friday:

*Breakfast:*

Milk, Juice  
Bagels, Fresh Fruit  
Pancakes & Syrup  
Coffee, Tea

*Lunch:*

Mac & Cheese  
Tuna Melt Croissant  
Salad Bar, Fresh Fruit

*Dinner:*

Oven Roasted Chicken Breast  
Spanish Rice, Stir-Fry Veggie  
Bread, Salad Bar  
Dessert

### Wednesday:

*Breakfast:*

Milk, Juice  
Bagels, Fresh Fruit  
Hot/Cold Cereal  
French Toast & Syrup  
Coffee, Tea

*Lunch:*

Sub Day  
Potato Chips, Pickles, Soup,  
Salad Bar, Fresh Fruit

*Dinner:*

Chicken Provencal  
Rice and Veggie Eggplant  
Parmesan  
Fresh Bread, Salad Bar  
Dessert

### DAILY SALAD BAR INCLUDES:

Cherry tomatoes  
Cucumbers  
Baby carrots  
Peppers  
Broccoli  
Cottage cheese  
Celery  
Sprouts  
Apple sauce  
Kidney beans  
Mix of baby greens/iceberg lettuce  
Dressings: Italian, Caesar  
(plus oil & vinegar)

### BEVARAGES INCLUDE:

Flavored & plain sparkling waters  
Milk  
Ice water  
Orange & apple juice