

# Teen Program – Food/Allergy Information

During the Dale Carnegie Generation Next: Teen Program we will be offering food for the participants. We understand that some of the participants may have various food restrictions due to preference or for medical reasons. Please keep in mind, Dale Carnegie is a training organization and we do not have experience in meeting all dietary needs. It is always our intention to keep all participants safe while with us and for that reason we are supplying a general outline of the food that will be provided. If you have specific concerns you may contact Krista McCormack at [krista\\_mccormack@dalecarnegie.com](mailto:krista_mccormack@dalecarnegie.com). If you feel that any of the food/snacks will not meet your child's dietary needs please send in meals/snacks for them. We will be able to keep food cold and can heat items up in a microwave.

## **Breakfast – all days**

Muffins  
Granola or breakfast bars  
Coffee cake  
Water

## **Lunch – Day 1**

Subway – 6 foot sandwiches (Subway Allergy/Sensitivity food listing – see link below)  
<http://www.subway.com/nutrition/Files/AllergenChart.pdf>

Salad  
Watermelon  
Grapes  
Chips  
Cookies

## **Lunch – Day 2**

Cold Cut Platters and rolls (ordered from Stop & Shop)  
Salad  
Watermelon  
Grapes  
Chips  
Cookies

## **Lunch – Day 3**

Pizza (menu can be found at <http://shelton.giovespizzakitchen.com/zgrid/proc/site/sitep.jsp>)  
Salad  
Watermelon  
Grapes  
Chips  
Cookies

## **Drinks**

Water  
Sport Drinks  
Diet Cola  
Sprite