

**Children with Intellectual Disabilities or Autism | Week of June 30th-July 5th, 2019 | Camp Explorers Week
Gluten-Free (GF) Menu**

| Sunday <i>June 30</i> | Monday <i>July 1</i> | Tuesday <i>July 2</i> | Wednesday <i>July 3</i> | Thursday <i>July 4</i> | Friday <i>July 5</i> |
|--|--|--|---|---|--|
| Breakfast <i>Orange and apple juice available at breakfast</i> | GF Chocolate chip pancakes Bacon Fresh fruit | Sasquatch's scrambled eggs Canadian bacon Shredded hash browns Canned fruit | GF Waffles Sausage links Fresh fruit | GF Camp muffins w/ egg, sausage, and cheese Hash brown patties Canned fruit | Scrambled eggs w/ cheese GF Pastries Fresh fruit |
| Lunch <i>1% milk and ice water available at all meals</i> | GF Corn dogs Tater tots California blend veggies GF Dirt and worms Salad bar | GF Philly steak sandwiches French fries Corn Fresh fruit Salad bar | GF Pasta Marinara sauce GF Garlic bread Green beans GF Cake Salad bar | GF Grilled ham and cheese sandwiches GF Tomato soup GF Crackers Jello Salad bar | |
| Dinner GF Pudgy pie pepperoni pizza sandwiches Marinara dipping sauce Vegetables and dip GF S'mores bars Salad bar | GF Chicken fajita wraps Spanish rice Refried beans Peppers and onions Fresh fruit Salad bar | Baked fish GF Mac n' cheese Peas and carrots GF Cookies Salad bar | GF Chicken tenders Mashed potatoes GF Gravy Broccoli trees Fresh fruit Salad bar | Hamburger or hot dog on GF bun Baked beans Foil packet potatoes Vegetables and dip Watermelon | |

Camper's name: _____

Gluten-Free (GF) Extras Table

The following items are available to campers at each meal, in addition to the menu items being served.

GF Bread – White and whole grain
GF Bagels or GF English muffins
Cream cheese
Butter
Peanut butter*
Jelly – Regular and sugar free
GF Cold cereals – variety of unsweetened cereals
GF Oatmeal (available upon request)
GF Granola
Fresh fruit – Apples, oranges, bananas, and others as available

The following items are available to campers at breakfast only:

GF Cold cereals – variety of sweetened cereals
Hard-cooked eggs
Yogurt

**During nut-free weeks, WOWButter (a soy peanut butter alternative) and nut-free granola will be provided in place of peanut butter and regular granola. WOWButter is also available throughout the summer to campers with peanut allergies.*

Salad Bar

The following items are available in the salad bar each day at lunch and dinner (based on availability).

Fresh vegetables

Lettuce mix with romaine
Baby spinach
Baby and shredded carrots
Bell pepper slices
Broccoli florets
Cauliflower florets
Celery sticks
Cucumber slices
Mushroom slices
Diced onion
Sugar-snap peas
Grape tomatoes

Canned vegetables

Banana peppers
Green olives
Sliced black olives
Dill pickle slices
Bread and butter pickle slices

Dairy and protein

Shredded cheddar cheese
Cottage cheese
Sliced hard-cooked eggs
Diced ham, turkey, or chicken
Hummus and/or chickpeas
Tofu is available upon request

Salad toppings

Bacon bits
Croutons
Sunflower seeds
Raisins

Dressings and dip

Ranch dressing
French dressing
Creamy Italian dressing
Raspberry vinaigrette
Dill dip