

Children with Intellectual Disabilities or Autism | Week of July 7th-12th, 2019 | Camp Explorers Week Gluten-Free (GF) Menu

| Sunday <i>July 7</i> | Monday <i>July 8</i> | Tuesday <i>July 9</i> | Wednesday <i>July 10</i> | Thursday <i>July 11</i> | Friday <i>July 12</i> |
|--|---|---|--|---|--|
| Breakfast <i>Orange and apple juice available at breakfast</i> | Scrambled eggs Bacon Shredded hash browns Fresh fruit | GF Chocolate chip pancakes Sausage links Canned fruit | GF French toast Canadian bacon Fresh fruit | GF Breakfast burritos 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> | Baked potato boats w/ toppings GF BBQ Chicken California blend veggies GF Rice krispie bars Salad bar | GF Sloppy joes on GF bun Potato chips Vegetables and dip Fresh fruit Salad bar | Baked fish French fries Peas and carrots GF Brownies Salad bar | GF Chicken tenders GF Mac n' cheese Capri blend veggies GF Dirt and worms Salad bar | |
| Dinner GF Pudgy pie sausage pizza sandwiches Marinara dipping sauce Vegetables and dip GF S'mores bars Salad bar | GF Walking beef tacos w/ toppings Refried beans Corn Fresh fruit Salad bar | GF Pasta Alfredo w/ chicken GF Garlic bread Broccoli trees GF Cookies Salad bar | GF Meatballs GF Gravy GF Noodles GF Dinner rolls Green beans 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