

**Children who are Deaf or Hard of Hearing | Week of July 21st-26th, 2019 | World of Water Week
Gluten-Free Menu**

Sunday <i>July 21</i>	Monday <i>July 22</i>	Tuesday <i>July 23</i>	Wednesday <i>July 24</i>	Thursday <i>July 25</i>	Friday <i>July 26</i>
Breakfast <i>Orange and apple juice available at breakfast</i>	GF Pancakes Bacon Fresh fruit	Scrambled eggs Sausage links Shredded hash browns Canned fruit	GF French toast Canadian bacon 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 Meatball marinara submarines Potato chips Vegetables and dip GF Beachy blueberry cheesecake Salad bar	GF Beef tacos w/ toppings Refried beans Corn Fresh fruit Salad bar	GF Pasta Marinara sauce GF Garlic bread Peas GF Brownies Salad bar	GF Chicken tenders GF Mac n' cheese Peas and carrots GF Cookies Salad bar	
Dinner GF Sloppy joes on GF bun Sweet potato fries Cauliflower GF Cake Salad bar	GF Pasta Alfredo w/ chicken GF Garlic bread Broccoli Fresh fruit Salad bar	GF Sausage pizza GF Cheese pizza Green beans Ocean jello Salad bar	Baked fish French fries California blend veggies Fresh fruit Salad bar	Hamburger or hot dog on GF bun Baked beans Potato chips 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