

**Children who are Blind or Visually Impaired | Week of August 4th-9th, 2019 | Flintstones vs Jetsons Week
Gluten-Free (GF) Menu**

Sunday <i>August 4</i>	Monday <i>August 5</i>	Tuesday <i>August 6</i>	Wednesday <i>August 7</i>	Thursday <i>August 8</i>	Friday <i>August 9</i>
Breakfast <i>Orange and apple juice available at breakfast</i>	GF Prehistoric pancakes Bacon Fresh fruit	Spacely scrambled eggs Canadian bacon Shredded hash browns Canned fruit	GF Futuristic French toast Sausage links Fruit spheres	GF Pterodactyl egg sandwich w/ bacon and cheese Hash brown patties Canned fruit	GF Oatmeal Sausage links GF Pastries Fresh fruit
Lunch <i>1% milk and ice water available at all meals</i>	GF Bedrock beef tacos w/ toppings Refried beans Corn GF Lava cakes Salad bar	GF Flying saucer pizzas GF Garlic bread Vegetables and dip Fresh fruit Salad bar	Bar-B-Q chicken legs Sweet potato fries Coleslaw GF Fossil cookies Salad bar	GF Astronomical alfredo pasta w/ chicken GF Garlic bread Broccoli GF Brownies Salad bar	
Dinner GF Galactic grilled ham n' cheese sandwiches GF Tomato soup GF Crackers Rocket pops Salad bar	GF Cosmic chicken tenders Mashed potatoes GF Gravy Capri blend veggies Fresh fruit Salad bar	Baked fish GF Mac n' cheese Peas and carrots Jello Salad bar	GF Meteoroid meatballs and gravy GF noodles California blend veggies Fresh fruit Salad bar	Bronto burger or hot dog on GF bun Baked beans Potato chips Vegetables and dip Watermelon spikes	

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