

Children who are Blind or Visually Impaired | Week of August 4th-9th, 2019 | Flintstones vs Jetsons Week Vegetarian Menu

Sunday August 4	Monday August 5	Tuesday August 6	Wednesday August 7	Thursday August 8	Friday August 9
Breakfast <i>Orange and apple juice available at breakfast</i>	Prehistoric pancakes Vegetarian bacon Fresh fruit (V)	Spacely scrambled eggs Vegetarian links Shredded hash browns Canned fruit (V)	Futuristic French toast Vegetarian links Fruit spheres (V)	Pterodactyl egg sandwich w/ cheese Hash brown patties (V) Canned fruit (V)	Dinosaur eggs oatmeal (V) Vegetarian links Pastries Fresh fruit (V)
Lunch <i>1% milk and ice water available at all meals</i>	Bedrock beefless ground tacos w/ toppings (V) Refried beans (V) Corn (V) Lava cakes Salad bar	Veggie pizza Cheese pizza Breadsticks Vegetables (V) and dip Fresh fruit (V) Salad bar	Bar-B-Q chick'n strips (V) Sweet potato fries (V) Coleslaw Fossil cookies Salad bar	Astronomical alfredo pasta Chick'n strips (V) Garlic bread Broccoli (V) Brownies Salad bar	
Dinner Galactic grilled cheese sandwiches Tomato soup (V) Crackers (V) Rocket pops (V) Salad bar	Cosmic chick'n strips (V) Mashed potatoes Vegetarian gravy (V) Capri blend veggies (V) Fresh fruit (V) Salad bar	Jurassic fishless filets (V) Mac n' cheese Peas and carrots (V) Popsicles (V) Salad bar	Meteoroid meatless meatballs and gravy (V) Egg noodles California blend veggies (V) Fresh fruit (V) Salad bar	Veggie burgers Veggie hot dogs (V) Baked beans (V) Potato chips (V) Vegetables (V) and dip Watermelon spikes (V)	

Note for vegan campers: Menu items followed with the (V) symbol are also vegan. If you have indicated a vegan diet, the non-vegan items on this menu will be prepared with alternative ingredients or substituted to meet your vegan diet.

Camper's name: _____

Extras Table

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

Bread – White, wheat, and 9-grain
Bagels
Cream cheese
Butter
Peanut butter*
Jelly – Regular and sugar free
Cold cereals – variety of unsweetened cereals
Oatmeal packets – Plain and flavored
Homemade granola*
Fresh fruit – Apples, oranges, bananas, and others as available

The following items are available to campers at breakfast only:

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