

**Adults 18-25 with Intellectual Disabilities or Autism | Week of August 11th-15th, 2019 | Only in Wisconsin
Gluten-Free (GF) Menu**

Sunday <i>August 11</i>	Monday <i>August 12</i>	Tuesday <i>August 13</i>	Wednesday <i>August 14</i>	Thursday <i>August 15</i>
Breakfast <i>Orange and apple juice available at breakfast</i>	GF Pancakes Bacon Canned fruit	GF Breakfast burritos w/ egg, sausage, and cheese Hash brown patties Fresh fruit	GF Waffles Sausage links Canned fruit	Scrambled eggs w/ cheese GF pastries Fresh fruit
Lunch <i>1% milk and ice water available at all meals</i>	Polish kielbasa GF Mac n' cheese Peas and carrots Fresh fruit Salad bar	Baked chicken breast Mashed potatoes GF Gravy Corn GF Apple crisp Salad bar	GF Pasta bake w/ ground beef GF Garlic bread Broccoli Fresh fruit Salad bar	GF Chicken wild rice casserole GF Biscuits Carrots GF Cherry cheesecake Salad bar
Dinner Chicken booyah Rice GF Cream puffs Salad bar	GF Green bean tater tot casserole w/ ground beef GF Dinner rolls Pudding Salad bar	GF Chili mac w/ ground beef Corn chips Fresh fruit Salad bar	Baked fish French fries Coleslaw Blue moon ice cream Salad bar	Brat or hamburger 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