

**Adults 18-25 with Intellectual Disabilities or Autism | Week of August 11th-15th, 2019 | Only in Wisconsin  
Regular Menu**

<b>Sunday August 11</b>	<b>Monday August 12</b>	<b>Tuesday August 13</b>	<b>Wednesday August 14</b>	<b>Thursday August 15</b>
<b>Breakfast</b>  <i>Orange and apple juice available at breakfast</i>	Pancakes Bacon Canned fruit	Breakfast burritos w/ egg, sausage, and cheese Hash brown patties Fresh fruit	Waffles Sausage links Canned fruit	Omelets w/ bacon, potato, and cheese Danish Kringles Fresh fruit
<b>Lunch</b>  <i>1% milk and ice water available at all meals</i>	Polish kielbasa Mac n' cheese Peas and carrots Fresh fruit  Salad bar	Honey battered chicken Mashed potatoes Gravy Corn Apple crisp  Salad bar	Lasagna w/ ground beef Garlic bread Broccoli Fresh fruit  Salad bar	Chicken wild rice casserole Biscuits Carrots Cherry cheesecake  Salad bar
<b>Dinner</b> Chicken booyah Rice Cream puffs  Salad bar	Green bean tater tot casserole w/ ground beef Dinner rolls Pudding  Salad bar	Chili mac w/ ground beef Corn chips Fresh fruit  Salad bar	Beer battered fish French fries Coleslaw Blue moon ice cream  Salad bar	Brats Hamburgers Baked beans Potato chips Vegetables and dip Watermelon

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