

Both Youth w/ Diabetes Sessions: June 15-19 & 22-26, 2025

meal	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Gluten free menu	Egg Bites Bacon GF Cereal Fit-n-lite yogurt Fresh fruit Hard-boiled eggs	GF Waffles SF syrup Sausage patty GF Cereal Fit-n-lite yogurt Fresh fruit Hard-boiled eggs	Cheese omelet Bacon GF Cereal Fit-n-lite yogurt Fresh fruit Hard-boiled eggs	Vanilla yogurt w/ fruit toppings Scrambled eggs GF Sausage links GF Cereal Fit-n-lite yogurt Fresh fruit Hard-boiled eggs
Lunch		<i>Selective Eater table available all meals</i> <i>Salad bar available lunch and dinner</i>	Meatball sub w/cheese on GF bun Fritos Grapes	BYO sandwich w/ham, turkey or egg salad on GF bread Potato chips Strawberries	GF Beef or chicken taco GF Refried beans Corn Watermelon
Dinner	GF Shredded beef w/gravy Mashed potatoes Corn Fresh fruit Cookies	Grilled chicken bacon ranch GF wrap Potato salad Watermelon	GF Pasta w/marinara GF Garlic bread Green beans Cantaloupe	GF Cheese, GF Sausage, GF pepperoni or veggie SF Jello Stawberries	Hamburgers & hot dogs w/ GF buns Potato chips Grapes Ice cream bars
snack	see separate listing				

Orange juice, apple juice only available at breakfast, 1% milk, regular coffee, decaf, water available all meals