

Youth w/Intellectual Disabilities or Autism June 29-July 3, 2025: Vegetarian

meal	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast		Scrambled eggs Plant base bacon Shredded hashbrowns Fresh strawberries	French toast w/ berry toppings Plant based sausage links	Cheese omelet Hashbrown patty Apple sauce	Pancakes Plant based sausage patty Fresh strawberries & blueberries
Lunch		Plant based beef or chicken Spanish rice Corn Churros w/cream cheese drizzle	Cheese or veggie pizza Raw veggies w/dip Fruit fluff	BYO Sandwich Hummus or egg salad Fritos Cookies	Plant based hamburger, brats, hotdogs w/bun Potato chips Baked beans Watermelon
Dinner	Plant based beef or cheese ravioli w/ marinara Green beans Garlic toast Brownies	BBQ meatless crumble sandwiches Tator bucks Coleslaw Cantaloupe	Plant based chicken Mashed potatoes California blend Dinner roll Lemon bars	Plant based meatballs w/gravy over egg noodles Peas Jello	
snack	Sausage, cheese, crackers	Trail mix & yogurt cups	Pretzels or string cheese	Fresh fruit & dip	
<p><i>*Orange juice, apple juice only available at breakfast,1% milk, regular coffee, decaf, water available all meals*</i></p>					