

**Young Adults with Intellectual Disabilities or Autism | Week of June 12-17, 2022 | Frontier Week
Gluten-Free (GF) Menu**

Sunday <i>June 12</i>	Monday <i>June 13</i>	Tuesday <i>June 14</i>	Wednesday <i>June 15</i>	Thursday <i>June 16</i>	Friday <i>June 17</i>
Breakfast <i>Orange and apple juice available at breakfast</i>	GF French toast Bacon Canned peaches	Cheddar omelets Canadian bacon Shredded hash browns Fresh melon	GF Pancakes w/ blueberry topping Sausage links Fresh strawberries	GF breakfast burritos w/ egg, sausage, and cheese Hash brown patties Canned pears	Scrambled eggs GF cinnamon muffins Bananas
Lunch <i>1% milk and ice water available at all meals</i>	GF Walking tacos w/ toppings GF Beef taco meat Refried beans Corn GF Rice krispie bars Salad bar	GF Chicken tenders French fries Vegetables and dip Fresh fruit Salad bar	GF BBQ pulled pork sandwich on GF bun Mashed potatoes GF Gravy Buttered carrots GF Brownies Salad bar	GF Grilled chicken wrap w/ toppings Potato chips Capri blend veggies Pudding Salad bar	
Dinner GF Goulash w/ ground beef Cornbread California blend veggies Fresh fruit Salad bar	Fish sandwich on GF bun GF Mac n' cheese Peas and carrots Fresh fruit Salad bar	GF Pizza GF Garlic bread Green beans GF Cookies Salad bar	GF Pasta Alfredo w/ chicken GF Garlic bread Broccoli Fresh fruit Salad bar	Hamburger or hot dog on GF bun GF Mac n' cheese Corn on the cob Watermelon GF funnel cake	

Camper's name: _____