

Young Adults with Intellectual Disabilities or Autism | *Week of June 18-22, 2023*

GF Menu

Sunday <i>June 18</i>	Monday <i>June 19</i>	Tuesday <i>June 20</i>	Wednesday <i>June 21</i>	Thursday <i>June 22</i>
Breakfast <i>Orange and apple juice, regular, and decaf coffee available at breakfast</i>	GF French toast bacon Applesauce	Scrambled eggs Shredded hash brown Canadian bacon Canned peaches	GF pancakes (choco chip on side) GF sausage links Canned mandarin oranges	Camp Muffin (egg, cheese, sausage patty on GF muffin) Hash brown patty Canned pears
Lunch <i>1% milk, ice water, regular, and decaf coffee available at all meals</i>	Quesadilla (GF wrap) w/ chicken + cheese Toppings Spanish rice Corn Fresh cantaloupe Salad bar	GF corn dogs Waffle fries California veggies Fresh strawberries Salad bar	Philly steak sand on GF hoagie Swiss cheese Regular fries Carrots Fresh grapes Salad bar	Grilled chicken breast On GF bun Cheese slices Mash potatoes GF gravy Green beans GF cake Salad bar
Dinner GF Cheese + pepperoni pizza sandwich Mozzarella cheese + Pizza sauce Raw veggies + dip GF dirt N worms Salad bar	GF macaroni + cheese Homemade GF bacon pieces inside Peas GF S'more bar Salad bar	GF pasta Meat sauce Broccoli GF cookie Salad bar	Nachos w/toppings GF beef taco meat Refried beans GF dessert Salad bar	Hamburger on GF bun Brat on GF bun Baked beans Lays chips Watermelon Salad bar

Camper's name: _____