

## Children with Intellectual Disabilities or Autism | Week of June 26-July 1, 2022 | Camp Frontier Week Gluten-Free (GF) Menu

Sunday <i>June 26</i>	Monday <i>June 27</i>	Tuesday <i>June 28</i>	Wednesday <i>June 29</i>	Thursday <i>June 30</i>	Friday <i>July 1</i>
<b>Breakfast</b>  <i>Orange and apple juice available at breakfast</i>	Scrambled eggs Bacon Shredded hash browns Fresh fruit	GF Chocolate chip pancakes Sausage links Canned fruit	GF French toast Canadian bacon Fresh fruit	GF Breakfast burritos w/ egg, sausage, and cheese Hash brown patties Canned fruit	Scrambled eggs w/ cheese GF Pastries Fresh fruit
<b>Lunch</b>  <i>1% milk and ice water available at all meals</i>	Baked potato boats w/ toppings GF BBQ Chicken California blend veggies GF Rice krispie bars  Salad bar	GF Sloppy joes on GF bun Potato chips Vegetables and dip Fresh fruit  Salad bar	Baked fish Potato smiles Peas and carrots GF Brownies  Salad bar	GF Chicken tenders GF Mac n' cheese Capri blend veggies GF Dirt and worms  Salad bar	
<b>Dinner</b> GF Pudgy pie sausage pizza sandwiches Marinara dipping sauce Vegetables and dip GF S'mores bars  Salad bar	GF Walking beef tacos w/ toppings Refried beans Corn Fresh fruit  Salad bar	GF Pasta Alfredo w/ chicken GF Garlic bread Broccoli trees GF Cookies  Salad bar	GF Meatballs GF Gravy GF Noodles GF Dinner rolls Green beans Fresh fruit  Salad bar	Hamburger or hot dog on GF bun Baked beans Potato chips Vegetables and dip Watermelon	

Camper's name: \_\_\_\_\_

## Gluten-Free (GF) Extras Table

*The following items are available to campers at each meal, in addition to the menu items being served.*

GF Bread – White and whole grain  
GF Bagels or GF English muffins  
Cream cheese  
Butter  
Peanut butter\*  
Jelly – Regular and sugar free  
GF Cold cereals – variety of unsweetened cereals  
GF Oatmeal (available upon request)  
GF Granola  
Fresh fruit – Apples, oranges, bananas, and others as available

*The following items are available to campers at breakfast only:*

GF 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