

**Children who are Deaf or Hard of Hearing | Week of July 24-29, 2022 | Secret Mission Week
Regular Menu**

Sunday <i>July 24</i>	Monday <i>July 25</i>	Tuesday <i>July 26</i>	Wednesday <i>July 27</i>	Thursday <i>July 28</i>	Friday <i>July 29</i>
Breakfast <i>Orange and apple juice available at breakfast</i>	Pancakes Bacon Fresh fruit	Scrambled eggs Sausage links Shredded hash browns Canned fruit	French toast sticks Canadian bacon Fresh fruit	Camp muffins w/ egg, sausage, and cheese Hash brown patties Canned fruit	Cheddar omelets Pastries Fresh fruit
Lunch <i>1% milk and ice water available at all meals</i>	Meatball marinara submarines Potato chips Vegetables and dip GF Beachy blueberry cheesecake Salad bar	Meatball marinara submarines Potato chips Green beans Beachy blueberry cheesecake Salad bar	Stuffed shells in marinara sauce Garlic bread Peas Brownies Salad bar	Chicken tenders Mac n' cheese Peas and carrots Chocolate chip cookies Salad bar	
Dinner Sloppy joes on bun Sweet potato fries Cauliflower GF Cake Salad bar	Pasta Alfredo w/ chicken Garlic bread Broccoli Fresh fruit Salad bar	Pasta Alfredo w/ chicken Breadsticks Broccoli Fresh fruit Salad bar	Crispy fish sandwich Potato smiles California blend veggies Fresh fruit Salad bar	Hamburgers Hot dogs Baked beans Potato chips Vegetables and dip Watermelon	

Camper's name: _____

Extras Table

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

Bread – White, wheat, and 9-grain
Bagels
Cream cheese
Butter
Peanut butter*
Jelly – Regular and sugar free
Cold cereals – variety of unsweetened cereals
Oatmeal packets – Plain and flavored
Homemade granola*
Fresh fruit – Apples, oranges, bananas, and others as available

The following items are available to campers at breakfast only:

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