

**Children who are Deaf or Hard of Hearing | Week of July 31-August 5, 2022 | Secret Mission Week  
Gluten-Free (GF) Menu**

<b>Sunday</b> <i>July 31</i>	<b>Monday</b> <i>August 1</i>	<b>Tuesday</b> <i>August 2</i>	<b>Wednesday</b> <i>August 3</i>	<b>Thursday</b> <i>August 4</i>	<b>Friday</b> <i>August 5</i>
<b>Breakfast</b>  <i>Orange and apple juice available at breakfast</i>	GF Pancakes Bacon Fresh fruit	Scrambled eggs Canadian bacon Shredded hash browns Canned fruit	GF Waffles Sausage links Fresh fruit	GF Breakfast burritos w/ egg, ham, 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>	GF Corn dogs GF Mac n' cheese Peas and carrots Ocean jello  Salad bar	GF Grilled ham and cheese sandwiches GF Tomato soup GF Crackers Fresh fruit  Salad bar	GF Grilled chicken sandwiches Sweet potato fries Capri blend veggies GF Beachy blueberry cheesecake  Salad bar	Baked fish Tater tots Corn GF Cake  Salad bar	
<b>Dinner</b> Baked potato boats w/ toppings BBQ Pulled pork Broccoli GF Rice krispie bars  Salad bar	GF Chicken fajita wraps Spanish rice Refried beans Peppers and onions Fresh fruit  Salad bar	GF Pasta Spaghetti sauce w/ ground beef GF Garlic bread Green beans GF Cookies  Salad bar	GF Beef and gravy Mashed potatoes California blend veggies 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