**Diabetes 1 | *Week of June 16-20, 2024***

**Vegetarian Menu**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| **Breakfast** | Waffles  S.F. syrup  Vegetarian sausage patties  Light fit yogurt  Fresh fruit | Hot cereal bar with toppings (brown sugar, raisins, dried cherries, dried cranberries  Light fit yogurt  Fresh fruit | Cheddar cheese omelet  Vegetarian sausage links  Light fit yogurt  Fresh fruit | Yogurt parfait bar with toppings (raspberries, strawberries, blueberries, blackberries)  Scrambled eggs  Light fit yogurt  Fresh fruit |
| **Lunch**  *1% milk, regular, decaf coffee, and ice water available at all meals* | Meatless Meatball sub on bun  Mozzarella cheese  Sun chips  Grapes  Salad bar | Build your own sandwich bar: buns, hummus, cheese, lettuce, tomato, mustard, mayo  Potato chips  Strawberries  Salad bar | Tacos with hard shell/soft shell  Lettuce, diced tomatoes, taco sauce, cheese, sour cream  Refried beans  Watermelon  Salad bar | Macaroni and cheese  Grilled chick’n strips  Broccoli  Cantaloupe  Salad bar |
| **Dinner**  Meatless crumbles with vegetarian gravy  Mashed potatoes + vegetarian gravy  Broccoli  Strawberries  Cookie  Salad bar | Vegetarian chick’n on a wrap  Diced tomatoes  Lettuce  Ranch  Potato chips  Watermelon  Salad bar | Penne with marinara sauce  Garlic bread  Green beans  Cantaloupe  Salad bar | Cheese thin crust pizza  Bread sticks  Sugar free Jell-O  Strawberries  Salad bar | Vegetarian hamburger  Buns  Chips  Ketchup/Mustard  Grapes  Ice cream bars  Salad bar |

Camper’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_