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

**Vegetarian Menu**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| **Breakfast** | WafflesS.F. syrupVegetarian sausage pattiesLight fit yogurtFresh fruit | Hot cereal bar with toppings (brown sugar, raisins, dried cherries, dried cranberriesLight fit yogurtFresh fruit | Cheddar cheese omeletVegetarian sausage linksLight fit yogurtFresh fruit | Yogurt parfait bar with toppings (raspberries, strawberries, blueberries, blackberries)Scrambled eggsLight fit yogurtFresh fruit |
| **Lunch***1% milk, regular, decaf coffee, and ice water available at all meals* | Meatless Meatball sub on bunMozzarella cheeseSun chipsGrapesSalad bar | Build your own sandwich bar: buns, hummus, cheese, lettuce, tomato, mustard, mayoPotato chipsStrawberriesSalad bar | Tacos with hard shell/soft shellLettuce, diced tomatoes, taco sauce, cheese, sour creamRefried beansWatermelonSalad bar | Macaroni and cheeseGrilled chick’n stripsBroccoliCantaloupeSalad bar |
| **Dinner**Meatless crumbles with vegetarian gravyMashed potatoes + vegetarian gravyBroccoliStrawberriesCookieSalad bar | Vegetarian chick’n on a wrapDiced tomatoesLettuceRanchPotato chipsWatermelonSalad bar | Penne with marinara sauceGarlic breadGreen beansCantaloupeSalad bar | Cheese thin crust pizzaBread sticksSugar free Jell-OStrawberriesSalad bar | Vegetarian hamburgerBunsChipsKetchup/MustardGrapesIce cream barsSalad bar |

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