**Diabetes 2 | *Week of June 23-27, 2024***

**Gluten Free Menu**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| **Breakfast** | GF WafflesTurkey sausage pattiesLight fit yogurtFresh fruit | GF Hot cereal bar with toppings (brown sugar, raisins, dried cherries, dried cranberriesLight fit yogurtFresh fruit | Cheddar cheese omeletBacon Light 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* | Meatball sub onGF bunMozzarella cheeseCorn chipsGrapesSalad bar | Build your own sandwich bar: GF bread/bun, turkey, ham, cheese, lettuce, tomato, mustard, mayoPotato chipsStrawberriesSalad bar | Tacos with hard shell/GF soft shellLettuce, diced tomatoes, taco sauce, cheese, sour creamRefried beansWatermelonSalad bar | GF Macaroni and cheeseGrilled chickenBroccoliCantaloupeSalad bar |
| **Dinner**Shredded beefMashed potatoes + GF gravyBroccoliStrawberriesGF CookieSalad bar | Grilled chicken on a GF wrapDiced tomatoesLettuceRanchPotato chipsWatermelonSalad bar | GF Penne with meat sauceGF Garlic breadGreen beansCantaloupeSalad bar | GF Cheese & pepperoni pizzaGF garlic toastSugar free Jell-OStrawberriesSalad bar | Hamburgers and hot dogs on GF bunsChipsGrapesIce cream barsSalad bar |

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