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

**Gluten Free Menu**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| **Breakfast** | GF Waffles  Turkey sausage patties  Light fit yogurt  Fresh fruit | GF Hot cereal bar with toppings (brown sugar, raisins, dried cherries, dried cranberries  Light fit yogurt  Fresh fruit | Cheddar cheese omelet  Bacon  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* | Meatball sub on  GF bun  Mozzarella cheese  Corn chips  Grapes  Salad bar | Build your own sandwich bar:  GF bread/bun, turkey, ham, cheese, lettuce, tomato, mustard, mayo  Potato chips  Strawberries  Salad bar | Tacos with hard shell/GF soft shell  Lettuce, diced tomatoes, taco sauce, cheese, sour cream  Refried beans  Watermelon  Salad bar | GF Macaroni and cheese  Grilled chicken  Broccoli  Cantaloupe  Salad bar |
| **Dinner**  Shredded beef  Mashed potatoes +  GF gravy  Broccoli  Strawberries  GF Cookie  Salad bar | Grilled chicken on a  GF wrap  Diced tomatoes  Lettuce  Ranch  Potato chips  Watermelon  Salad bar | GF Penne with meat sauce  GF Garlic bread  Green beans  Cantaloupe  Salad bar | GF Cheese & pepperoni pizza  GF garlic toast  Sugar free Jell-O  Strawberries  Salad bar | Hamburgers and hot dogs on GF buns  Chips  Grapes  Ice cream bars  Salad bar |

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