**Young Adults with Intellectual Disabilities or Autism | *Week of June 30- July 4, 2024***

**GF Menu**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| **Breakfast**  *Orange and apple juice + regular and decaf coffee available at breakfast* | GF Oatmeal bar with  Dried cherries, cranberries + raisins  Brown sugar  GF blueberry muffins | GF French toast  Sausage links  Applesauce | Scrambled eggs  Shredded hash brown  Bacon  Canned peaches | **HAPPY 4TH OF JULY!**  GF Pancakes with  Strawberry and blueberry toppings  Ham patties |
| **Lunch**  *1% milk, regular, decaf coffee, and ice water available at all meals* | GF Mini corn dogs  GF Macaroni + cheese  California veggies  Fresh strawberries  Salad Bar | GF Chicken tenders  Spudsters  Carrots  Fresh grapes  Salad Bar | GF BYO sandwich  Turkey or Ham  Lettuce + tomato + toppings  Lays potato chips  Fresh cantaloupe  Salad Bar | GF Chicken + cheese quesadilla  White rice  Corn  Red, white, and blue popsicle  Salad Bar |
| **Dinner**  GF Cheese pizza or  GF Sausage + cheese pizza  GF Garlic knots  Raw carrots + celery with veggie dip  GF Chocolate chip cookie  Salad Bar | GF Meatballs  GF Gravy  GF Noodles  Peas  GF dinner roll  Ice cream treat  Salad Bar | GF Cheese ravioli with red sauce  GF Garlic toast  Green beans  GF brownie  Salad Bar | GF Cheeseburger French fry casserole  Peas + carrots  GF strawberry shortcake  Salad Bar | GF hamburger or brat  with GF bun  GF Baked beans  Lays potato chips  Watermelon  Salad Bar |

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