**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 withDried cherries, cranberries + raisinsBrown sugarGF blueberry muffins  | GF French toastSausage linksApplesauce | Scrambled eggsShredded hash brownBacon Canned peaches | **HAPPY 4TH OF JULY!**GF Pancakes withStrawberry and blueberry toppingsHam patties  |
| **Lunch***1% milk, regular, decaf coffee, and ice water available at all meals* | GF Mini corn dogsGF Macaroni + cheeseCalifornia veggiesFresh strawberries Salad Bar | GF Chicken tendersSpudstersCarrotsFresh grapesSalad Bar | GF BYO sandwichTurkey or HamLettuce + tomato + toppingsLays potato chipsFresh cantaloupe Salad Bar | GF Chicken + cheese quesadillaWhite riceCornRed, white, and blue popsicleSalad Bar |
| **Dinner**GF Cheese pizza orGF Sausage + cheese pizzaGF Garlic knotsRaw carrots + celery with veggie dipGF Chocolate chip cookieSalad Bar | GF Meatballs GF GravyGF NoodlesPeas GF dinner rollIce cream treatSalad Bar | GF Cheese ravioli with red sauceGF Garlic toastGreen beansGF brownieSalad Bar | GF Cheeseburger French fry casserolePeas + carrotsGF strawberry shortcakeSalad Bar | GF hamburger or bratwith GF bunGF Baked beansLays potato chipsWatermelon Salad Bar |

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