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

**Vegetarian Menu**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| **Breakfast**  *Orange and apple juice + regular and decaf coffee available at breakfast* | Oatmeal bar with dried cranberries, cherries, and raisins  Brown sugar  Blueberry muffin | French toast  Vegetarian sausage links  Applesauce | Scrambled eggs  Shredded hash brown  Vegetarian sausage patty  Canned peaches | **HAPPY 4TH OF JULY!**  Pancakes with  Strawberry and blueberry toppings  Vegetarian sausage links |
| **Lunch**  *1% milk, regular, decaf coffee, and ice water available at all meals* | Vegetarian mini corn dogs  Macaroni + cheese  California veggies  Fresh strawberries  Salad Bar | Vegetarian chic’n tenders  Spudsters  Carrots  Grapes  Salad Bar | BYO Hummus sandwich  Lettuce + tomato with  Toppings  Sun chips  Fresh cantaloupe  Salad Bar | Vegetarian chic’n + cheese quesadilla  White rice  Corn  Dirt cup  Salad Bar |
| **Dinner**  Cheese pizza  Breadsticks  Raw carrots + celery  Veggie dip  Chocolate chip cookie  Salad Bar | Vegetarian meatballs  Vegetarian gravy  Egg noodles  Peas  Dinner roll  Ice cream treat  Salad Bar | Cheese ravioli with red sauce  Garlic toast  Green beans  Brownie  Salad Bar | Vegetarian Cheeseburger French fry casserole  Peas + carrots  Strawberry shortcake  Salad Bar | Vegetarian hamburger  Vegetarian baked beans  Chips  Watermelon  Salad Bar |

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