**Youth with Intellectual Disabilities or Autism| *Week of July 7-11, 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 Waffle  Ham patties  Canned mandarin oranges | GF Cheddar cheese omelet  GF breakfast potatoes  Sausage links  Canned peaches | GF Pancakes  Bacon  Applesauce | GF Camp muffin with sausage  Hash brown patty  Canned pears |
| **Lunch**  *1% milk, regular, decaf coffee, and ice water available at all meals* | GF Chicken bowl  Grilled chicken strips corn, cheese, and mashed potatoes with GF gravy  Fresh strawberries  Salad Bar | GF Pork rib sandwich  Cole slaw  California veggies  Fresh honeydew  Salad Bar | GF Nachos  GF Beef taco meat  GF Refried beans  Corn  Fresh grapes  Salad Bar | GF Chicken + rice  Stir fry veggies  GF chocolate cup cakes  Salad Bar |
| **Dinner**  GF Pizza casserole  GF Garlic toast  Raw carrots + celery with veggie dip  GF Chocolate chip cookie  Salad Bar | Baked fish  GF Baked macaroni + cheese  Broccoli  GF M&M brownie  Salad Bar | GF Meatloaf dinner  GF Au gratin potatoes  Carrots  GF Dinner roll  GF Rice Krispie bar  Salad Bar | GF Baked ham dinner  White rice  Green beans  GF S’ more bar  Salad Bar | GF Hamburger or hot dog with GF bun  GF Baked beans  Lays potato chips  Watermelon  Salad Bar |

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