

Yawgoog Scout Reservation

Weekly Menu

Gluten Free

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cold Rice Cereal (K) Eggs (GF) Syrup Margarine Bacon (GF) Breakfast Juice Milk	Cold Rice Cereal (K) GF French Toast (K) Syrup Margarine Sausage (GF) Breakfast Juice Milk	Cold Rice Cereal (K) Scrambled Eggs (GF) Sausage Crumbles (GF) Cheese Wraps (K) Breakfast Juice Milk	Cold Rice Cereal (K) GF Pancakes (K) Syrup Margarine Ham (GF) Breakfast Juice Milk	Cold Rice Cereal (K) GF French Toast (K) Syrup Margarine Bacon (K) Breakfast Juice Milk	Cold Rice Cereal (K) Scrambled Eggs (GF) Sausage Crumbles (GF) Salsa Shredded Cheese Wraps (K) Breakfast Juice Milk	Cold Rice Cereal (K) Margarine Bananas Yogurt (GF) Breakfast Juice Milk
Lunch	Hot Dogs (GF) GF Bun (K) Tater Tots (GF) Ketchup / Mustard / Relish Packets Canned Fruit (GF) Water Bug Juice	GF Chicken Tenders (K) Ketchup / BBQ (GF) GF Rolls (K) Carrot Sticks Celery Sticks Ranch Bake Shop (K) Water Bug Juice	Grilled Chicken Patties w/ GF bun (K) Ketchup / Mustard Lettuce / Tomato Pickles Potato Chips (GF) Pudding (GF) Water Bug Juice	Sloppy Joe w/ GF bun (K) Cheese Canned Fruit (GF) Water Bug Juice	GF Grilled Cheese (K) Tomato Soup (GF) Carrot Sticks (GF) Yogurt Cups (GF) Water Bug Juice	GF Pizza (K) Carrot Sticks Celery Sticks Ranch Bake Shop (K) Water Bug Juice	Stop Over Meal at Medicine Bow Dining Hall 5:45pm
Dinner	GF Pasta - with meat sauce (K) Salad Salad Dressing Grated Cheese (GF) GF Bread (K) Margarine Bake Shop (K) Water Milk	Roasted Chicken (GF) Rice Pilaf (GF) Salad Salad Dressing (GF) Margarine Bake Shop (K) Water Milk	Chicken Fajitas (GF) Wraps (K) Onions / Peppers Salsa (GF) Lettuce / Tomatoes Cheese Bake Shop (K) Water Milk	Orange Chicken Broccoli Fried Rice (GF) Margarine Bake Shop (K) Water Milk	GF Pasta w/Meat Sauce (K) Salad Salad Dressing (GF) Grated Cheese GF Roll (K) Margarine Bake Shop (K) Water Milk	Roast Beef / Turkey (GF) Mashed Potatoes (GF) Peas (GF) Salad Salad Dressing (GF) Ice Cream (GF) Water Milk	

All drinks: Milk, Breakfast Juice, Lunch Bug Juice, and Water are gluten free.

Margarine and Syrup are gluten free

These lunch condiments are gluten free: Ketchup, Mustard, Relish, Mayonnaise, Ranch, and BBQ Sauce

Salad is gluten free and these salad dressings are gluten free: French, Ranch and Italian

(K) items are available at the kitchen door when special meals are called.

GF) marked items are items that are already gluten free being served to the tables.

Fresh Fruit will be available every Breakfast and Lunch

Special Meals are available after firsts are served

Sunflower butter and jelly are available at all meals

Water is available at all meals

This menu is subject to change.