

**Camp Yawgoog
Gluten Free - Weekly Menu**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Cold Rice Cereal (K) GF Panacakes (K) Syrup Margarine Sausage (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 Breakfast Juice Milk	Cold Rice Cereal (K) GF French Toast (K) Syrup Margarine Bacon (GF) Breakfast Juice Milk	Cold Rice Cereal (K) Scrambled Eggs (GF) Sausage (GF) Salsa Shredded Cheese Wraps (K) Breakfast Juice Milk
Lunch	Troops arrive starting at 12:00pm	Hot Dogs (GF) GF Bun (K) Tater Tots (GF) Ketchup / Mustard / Relish Packets Canned Fruit (GF) Water Bug Juice	Chicken Tenders (GF) Ketchup / BBQ (GF) GF Mac & Cheese (K) Carrot Sticks Celery Sticks Ranch Bake Shop (K) Water Bug Juice	Mac n Cheese Ranch / Ketchup / BBQ Yogurt Water Bug Juice Chicken Fajitas	Hamburgers w/GF bun (K) Ketchup / Mayo Lettuce / Tomato Pickles / Cheese Fries (GF) Fresh Fruit Water Bug Juice	GF Grilled Cheese (K) Tomato Soup (K) Carrot Sticks (GF) Yogurt Cups (GF) Water Bug Juice	Stop Over Meal at Medicine Bow Dining Hall 5:45pm
Dinner	BBQ Pulled Pork w/ GF bun (K) Corn Salad Salad Dressing Bake Shop Water Milk	GF Pasta - with meat sauce (K) Salad Salad Dressing Grated Cheese (GF) GF Bread (K) Margarine Bake Shop (K) Water Milk	Chicken Fajitas (GF) w/ Peppers and Onions Tortillas (K) Salsa / Chips (GF) LTC (GF) Bake Shop (K) Water Milk	Chicken (K) Broccoli Fried Rice Bake Shop (K) Water Milk	Pot Roast (GF) Mashed Potatoes (GF) Peas (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	

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.

Revised

4.9.24