

Yawgoog Scout Reservation

2019 Gluten Free Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Scrambled Eggs (GF) Wraps (K) Salsa (GF) Cheese (GF) Sausage (GF) Cereal (K), Milk Breakfast Juice	GF French Toast (K) Margarine Syrup Sausage Patty (GF) Cereal (K), Milk Breakfast Juice	GF Pancakes (K) Margarine Syrup Sausage (GF) Cereal (K) Milk Breakfast Juice	Scrambled Eggs (GF) Bacon (GF) Hashbrown (GF) Cereal (K) Milk Breakfast Juice	GF French Toast (K) Margarine Syrup Sausage (GF) Cereal (K) Milk Breakfast Juice	GF Pancakes (K) Margarine Syrup Sausage (GF) Cereal (K) Milk Breakfast Juice	GF Corn Muffin (K) Fruit (GF) Yogurt (GF) Cereal (K) Milk Breakfast Juice
Hot Dogs (GF) GF Buns (K) Chili (GF) Cheese (GF) Tater Tots (GF) Ketchup, Mustard Relish Cookie (K) Bug Juice/Water	Grilled Chicken (K) GF Bun (K) Lettuce/Tomato/ Cheese (all GF) Chips (GF) Mayonnaise Ketchup/BBQ Applesauce (GF) Bug Juice/Water	GF Grilled Cheese (K) Chicken & Veggie Soup (K) Yogurt (GF) Bug Juice/Water	Chicken Tenders (GF) Ketchup/BBQ Carrot Sticks (GF) Celery Sticks (GF) Ranch Cookie (K) Bug Juice/Water	Hamburgers (GF) GF Buns (K) Lettuce/Tomato/ Cheese (all GF) Pickles (GF) Ketchup, Mustard Chips (K) Watermelon (GF) Bug Juice/Water	GF Pizza (K) Carrot Sticks (GF) Celery Sticks (GF) Ranch Pudding (GF) Bug Juice/Water	Cold Cuts Turkey (GF) Ham (GF) GF Bread (K) Mayo, Mustard Chips (GF) Cookies (K) Bug Juice/ Water
GF Pasta w/meat sauce (K) Salad & Dressing Grated Cheese (GF) GF Bread (K) Margarine Bakeshop (K) Milk/Water	GF Meatloaf (K) Mashed Potatoes (GF) Margarine Corn (GF) Salad & Dressing Bakeshop (K) Milk/Water	Cheese Quesadillas (K) Lettuce/Tomato/ Cheese (K) Broccoli (GF) Rice (GF) Salad & Dressing Bakeshop (K) Milk/Water	Pot Roast (GF) Potatoes (GF) GF Bread (K) Green Beans (GF) Salad & Dressing Bakeshop (K) Milk/Water	GF Pasta w/ GF meatballs (K) Salad & Dressing Grated Cheese (GF) GF Bread (K) Margarine Bakeshop (K) Milk/Water	Roast Turkey (GF) Mashed Potatoes (GF) Peas (GF) Salad & Dressing Margarine Ice Cream (GF) Milk/Water	Stop Over Meal at Medicine Bow Dining Hall 5:45pm

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

This menu is subject to change.

Any changes will be discussed at the Monday special meals meeting after breakfast.

(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.