

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) | Cold Rice Cereal (K) GF French Toast (K) Syrup Margarine Sausage (GF) | Cold Rice Cereal (K) Scrambled Eggs (GF) Sausage Crumbles (GF) Cheese Wraps (K) | Cold Rice Cereal (K) GF Pancakes (K) Syrup Margarine | Cold Rice Cereal (K) GF French Toast (K) Syrup Margarine Bacon (GF) | Cold Rice Cereal (K) Scrambled Eggs (GF) Sausage (GF) Salsa Shredded Cheese Wraps (K) |
| | | Breakfast Juice Milk | Breakfast Juice Milk | Breakfast Juice Milk | Breakfast Juice Milk | Breakfast Juice Milk | 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) | Chicken Tenders (GF) Ketchup / BBQ (GF) GF Mac & Cheese (K) Carrot Sticks Celery Sticks Ranch Bake Shop (K) | Mac n Cheese Ranch / Ketchup / BBQ Yogurt | Hamburgers w/GF bun (K) Ketchup / Mayo Lettuce / Tomato Pickles / Cheese Fries (GF) Fresh Fruit | GF Grilled Cheese (K) Tomato Soup (K) Carrot Sticks (GF) Yogurt Cups (GF) | Stop Over Meal at Medicine Bow Dining Hall 5:45pm |
| | | Water Bug Juice | Water Bug Juice | Water Bug Juice Chicken Fajitas | Water Bug Juice | Water Bug Juice | |
| Dinner | BBQ Pulled Pork w/ GF bun (K) Corn Salad Salad Dressing | GF Pasta - with meat sauce (K) Salad Salad Dressing Grated Cheese (GF) GF Bread (K) Margarine | Chicken Fajitas (GF) w/ Peppers and Onions Tortillas (K) Salsa / Chips (GF) LTC (GF) | Chicken (K) Broccoli Fried Rice | Pot Roast (GF) Mashed Potatoes (GF) Peas (GF) Margarine | GF Pasta w/Meat Sauce (K) Salad Salad Dressing (GF) Grated Cheese GF Roll (K) Margarine | |
| | Bake Shop Water Milk | Bake Shop (K) Water Milk | Bake Shop (K) Water Milk | Bake Shop (K) Water Milk | Bake Shop (K) Water Milk | 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