

**Camp Yawgoog  
Gluten Free - Weekly Menu**

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

5.7.24