



# BASIC MEAL PLAN

**SUMMER 2017**

## BREAKFAST MENU

- Cereal
- Eggs, Sausages and Hashbrowns or Waffles and Sausages
- Breakfast Burritos or Biscuits and Gravy
- Friday Morning (an assortment of choices – yogurt, granola bars, cereal, fruit, muffins, etc.)

*Each breakfast menu item has additional accompaniments. Depending on the menu item, this can include hot oatmeal, yogurt, applesauce, small bagels, salsa, muffins, etc.*

## LUNCH MENU

- Sub Sandwiches
- Bagel Sandwiches
- Wraps

*Each lunch provides a choice of sandwich meat (ham, turkey and salami) as well as fresh sandwich toppings such as tomatoes, lettuce, cheese, onions, etc. Peanut butter and jelly are also offered along with a variety of sides. Side choices may include: cookies, chips, granola bars, crackers, fruit, etc.*

## DINNER MENU

- Sloppy Joes
- BBQ Pulled Pork Sandwiches
- Pasta with Red/White Sauce
- Taco and Nacho Bar
- Pizza
- Grill Out with Burgers, Hot Dogs and Veggie Burgers
- Cheesy Chicken Casserole

*Like breakfast and lunch, each dinner menu item has specific accompaniments with its meal. **Every dinner meal includes a salad bar with a variety of healthy choices.***

\*Meals vary by site because of regional shopping and individual kitchen resources.

## **Dietary Concerns and Food Allergies**

As participants deal with an increasing number of food allergies and special dietary concerns, YouthWorks wants to support them. We are committed to offering a variety of food choices during the week.

For those participants who are Gluten-Free, YouthWorks will provide the following: GF bread, GF pasta, GF cereal.

Due to the nature of large group meal preparation, however, we cannot guarantee a participant will not be exposed to any certain food. Nor can we promise to have exactly the right food to meet every special dietary preference. Navigating the ingredient lists and having access to the correct foods invites too much room for error for staff that don't know and understand the required diet. We recommend that participants with severe allergies or special dietary needs bring supplemental food for the week.