



## SCHOEPE SCOUT RESERVATION AT LOST VALLEY 2022 DIETARY RESTRICTIONS SUBSTITUTIONS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>		GF- GF Waffles  VG- Veggie Sausage	GF- GF English Muffin- no gravy  VG- Veggie Sausage	GF- Corn Tortillas  VG- Breakfast Potatoes with Onions, Red Peppers, and Veggie Sausage	GF- French Toast with GF bread  VG- Veggie Sausage	GF- Corn Tortilla  VG-Veggie Sausage	GF- English Muffins Breakfast Sandwich  VG- Frozen Veg Breakfast Burrito
<b>Lunch</b>		GF- GF Meatballs and GF Bun  VG- Meatless Veggie Balls  No Pork- Meatball	GF- Chicken Breast & GF Bun  VG- Veg Patty	GF- GF Bread  VG- Grilled Cheese Sandwich	GF- GF Bun  VG- Black Bean Patty	GF- GF chicken tenders & GF mac & cheese  VG- Meatless Wings Dairy Free- Chips of choice	
<b>Dinner</b>	GF- GF Pasta and GF Cookie  VG- Marinara Sauce	GF- sliced chicken breast with GF orange chicken sauce  VG- Meatless Wings with Orange Chicken Sauce	GF- Corn Tortillas and GF Taco Seasoning  VG- Meatless Crumble Seasoned with Taco Seasoning	Foil Pack  VG- Black Bean Patty	GF- Chicken Breast- No Gravy  VG- Meatless Chicken Patty	No Pork- Shredded Chicken with BBQ sauce  GF- GF Bun  VG- Meatless Wings with BBQ Sauce	

Breakfast Bar: Yogurt, Cottage Cheese, Fruit, Cereal, Milk, OJ, Granola

Salad Bar: Salad Mix, Tomatoes, Cucumbers, Celery, Carrots, Bell Peppers, Sliced Hard Boiled Eggs, Olives, Cottage Cheese, Shredded Cheese, Garbanzo Beans, Diced chicken or ham, Beets, Croutons, Ranch Dressing, Italian Dressing, Caesar Dressing, Balsamic Dressing