



Dear parent of a child with special food needs,

At AstroCamp, we want your child to be able to attend without the worry of whether or not there is food available that they can eat. We hope the following information will be helpful to you in deciding the best way to ensure that your child's dietary needs are met while they're at camp. Depending upon the extent of your child's needs, our kitchen crew may be able to supply some (or all) of the food your child requires.

If this is not the case, it may be necessary for you to send the required food to camp with your child's Lead Teacher. We have found over the years that most parents that have a child with special food needs are very happy to send along food to substitute for (or supplement) the food we serve from our kitchen. They usually find that we have many things that fit the child's diet, and they only need to send along a few additional foods. Once in a while, we do get a child with an extremely restricted diet, and the parent sends enough food for their entire trip. This allows them to know that their child will get the right food with little or no chance for error.

Listed below is information that we hope will be helpful to you.

- If you send food, there is refrigerated space available to store it, and your child and an adult you have designated will have easy access to it.
- We have a microwave available for them to use, or our cooks can heat pre-made meals that you have sent. Our kitchen prepares nearly 1,000 meals a day, so they will not be able to accommodate a recipe or a box of ingredients that needs preparation.
- We have included our basic menu below to give you an idea of what we serve for each meal. Most parents who send food like to send similar items for their child to eat at mealtime.
- On the menu that follows, you'll find a few examples of the types of things our cooks can do to help.
- Regarding nuts: Nuts are not served to the kids, and we do not use peanut oil. However, some of our food is labeled as being processed on equipment that has also processed nuts. If in doubt, please ask the cooks to show you the labeling for the item in question.

If you have any further questions, please call our AstroCamp office at (951) 659-6062. If we are unable to answer your questions, we will be happy to forward your call to our Kitchen Director.

We look forward to having your child visit us at AstroCamp!

Sincerely,
AstroCamp

AstroCamp Weekly Menu

Dietary need equivalent is provided upon request via Student Health Form and/or communication with the AstroCamp office.

Sunday

Pancakes
Scrambled Eggs
Pork Sausage
Tater tots
Mini Muffins

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3 day Groups
Sack lunch

Monday

Baked Chicken
Wild Rice Pilaf
Steamed Broccoli
Dinner Roll

Thursday

Waffles
Scrambled Eggs
Pork Sausage
Crispy Hashbrowns
Cinnamon Rolls

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Beef Hotdog
Coleslaw
French Fries

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Spaghetti Marinara
& Meat Sauce
Green Bean and
Mushroom Saute

Tuesday

Waffles
Scrambled Eggs
Pork Sausage
Crispy Hashbrowns
Cinnamon Rolls

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Chicken Tenders
w/ Cinnamon honey
Glazed Carrots
French Fries

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Ground Beef Tacos
Spanish Rice
Refried Beans
Chips & Salsa

Friday

Pancakes
Scrambled Eggs
Pork Sausage
Tater tots
Mini Muffin

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3 day Groups
Sack lunch

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Meatloaf
Mashed Potatoes
Green bean Casserole
Dinner Roll

Wednesday

Pancakes
Scrambled Eggs
Pork Sausage
Tater tots
Danish

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5 Day Groups
Pizza
3 day Groups
Sack lunch

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BBQ Chicken
Mac n'cheese
BBQ Baked Beans
Corn on the Cobb
Hawaiian Rolls

Saturday

Waffles
Scrambled Eggs
Pork Sausage
Crispy Hashbrowns
Cinnamon Rolls

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Cheese Enchilada Casserole
Mexican Rice
Refried Beans

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Breaded Chicken Tender
Roasted Broccoli w/ parmesan
French Fries
Dinner Roll

AstroCamp Weekly Menu (cont.)

The following foods are available at each meal in addition to the hot dish on the previous page.

Breakfast: cold cereals, yogurt, fresh fruit, oatmeal, assorted baked goods

Lunch/Dinner: Salad bar

All Meals: Milk, juices, water

Arrival Day: Bananas, apples & granola bars for snacks