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' 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 who 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

Weekly Menu

	BREAKFAST	LUNCH	DINNER
MON	**ADDITIONAL OPTIONS AVAILABLE DAILY** **Breakfast:** Cold Cereals, Yogurt, Granola, Fresh Fruit, Oatmeal **Lunch/Dinner:** Salad bar **All Meals:** Milk, juices, water **Snacks**: Bananas, apples & granola bars	**Arrival Lunch** **Please Bring a Sack Lunch**	Chicken Tenders **Gluten-Free** Chicken Tenders **Vegan** Tenders French Fries **V,GF** Peas & Carrots **V,GF**
TUES	Waffles **VG** Scrambled Eggs **GF/VG** Turkey Sausage **GF** Hashbrowns **GF/V** Cinnamon Roll **VG**	Cheese **VG** or Pepperoni Pizza **Gluten-Free** Pizza **Vegan** Pizza Carrot & Celery Sticks w/ Ranch **V, GF** Caesar Salad	Ground Beef Hard-Shell Tacos **GF** Impossible Meat Hard-Shell Tacos **V,GF** Mexican Rice **V,GF** Refried Beans **V,GF** Chips & Salsa **V,GF** Churro **GF** or Italian Ice **V,GF**
WED	French Toast **V** Scrambled Eggs **VG,GF** Turkey Sausage **GF** Hashbrowns **V,GF** Danish **VG** Apple Turnover	**FOR 5-DAY SCHOOLS ONLY** Beef or Turkey Burger Impossible Meat Burger **V** Hamburger Buns **VG** French Fries & Onion Rings **V,GF** or **TO-GO LUNCH**	Orange Chicken or Teriyaki Chicken **GF** Vegan Orange Chicken **VG** Jasmine Rice **V, VG, GF** Veggie Spring Rolls **V, VG** Veggie Pot Stickers **V, VG** Fortune Cookie **VG** or Italian Ice **V,GF**
THU	Waffles **VG** Scrambled Eggs **VG,GF** Turkey Sausage **GF** Hashbrowns **V,GF** Cinnamon Roll **VG**	Beef Hot Dog **GF** Vegan Brats **V** Wheat Buns Coleslaw **VG,GF** French Fries **V,GF**	Beef or Chicken Enchiladas Impossible Meat Enchildads **V,GF** Cheese Taquitos **VG** Mexican Rice **V,VG, GF** Refried Beans **V, VG,GF** Churro **GF** or Italian Ice **V,GF**
FRI	French Toast **V** Scrambled Eggs **VG,GF** Turkey Sausage **GF** Hashbrowns **V,GF** Danish **VG** Apple Turnover	**TO-GO LUNCH!** THANKS FOR COMING TO ASTROCAMP	Cheese **VG** or Pepperoni Pizza **Gluten-Free** Pizza **Vegan** Pizza Carrot & Celery Sticks w/ Ranch **V, GF** Caesar Salad
SAT	Waffles **VG** Scrambled Eggs **VG,GF** Turkey Sausage **GF** Hashbrowns **V,GF** Cinnamon Roll **VG**	Chicken Tenders **Gluten-Free** Chicken Tenders **Vegan** Tenders French Fries **V,GF** Peas & Carrots **V,GF**	Ground Beef Hard-Shell Tacos **GF** Impossible Meat Hard-Shell Tacos **V,GF** Mexican Rice **V,GF** Refried Beans **V,GF** Chips & Salsa **V,GF** Churro **GF** or Italian Ice **V,GF**
SUN	French Toast **V** Scrambled Eggs **VG,GF** Turkey Sausage **GF** Hashbrowns **V,GF** Danish **VG** Apple Turnover	**TO-GO LUNCH!** THANKS FOR COMING TO ASTROCAMP	**GF** = Gluten-Free **VG** = Vegetarian friendly **V** = Vegan All Rolls/Bread Have **GF** Option Available Soy, Oat, & Almond Milk Available