



BASIC MEAL PLAN

and Allergy Information

Breakfast Examples

- Cereal
- Eggs, Sausages and Hash Browns 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, toast, hard boiled eggs, applesauce, small bagels, salsa, muffins, etc.

Lunch Examples

- Sub Sandwiches
- Wraps
- Bagels
- White/Wheat Bread Sandwiches

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

Dinner Examples

- 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
- Chicken Tenders

Like breakfast and lunch, each dinner menu item has specific accompaniments with its meal. Every dinner meal includes an abundant side salad.

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

DIETARY CONCERNs AND FOOD ALLERGIES

Due to the nature of large group meal preparation, 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 need.

For those participants who are gluten-free, YouthWorks will provide GF bread, GF pasta and GF cereal. We also provide a non-dairy milk option.

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.**