

## Youth Blind or Visually Impaired and Youth w/Epilepsy July 13-17, 2025: Vegetarian

meal	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast		Cheese omelet Shredded hashbrowns Applesauce	French toast w/berry toppings Plant based sausage Links Pears	Scrambled eggs Plant based bacon Southern style hashbrowns Peaches	Pancakes Plant based sausage patty Fresh strawberries & blueberries
Lunch	<i>Selective Eater table available all meals Salad bar available lunch and dinner</i>	Plant based mini corn dogs Mac-n-cheese Peas & carrots White cake	BYO Sandwich Hummus or egg salad Sun chips Grapes	Cheese or veggie pizza Raw veggies w/dip Fruit fluff	Plant based chicken nuggets Smiley fries Peas Cookies
Dinner	Pasta w/plant based meatballs & marinara Green beans Garlic toast Brownies	Plant based chicken filet sandwich Tator bucks Broccoli Fresh strawberries	Plant based beef tacos or plant based chicken tacos Spanish rice Corn Churros w/cream cheese frosting	Baked Tofu Au gratin potatoes California blend Dinner roll Lemon bars	Plant based hamburgers, or plant based brats on bun Baked beans Chips Watermelon
snack	Beef sticks & string cheese	Fruit snacks or trail mix	Popcorn & yogurt cups	Granola bars & pretzels	
	<b><i>*Orange juice, apple juice only available at breakfast, 1% milk, regular coffee, decaf, water available all meals*</i></b>				