

## **Summer Camp Menu- Allergy Guidelines**

### **ALLERGIC TO DAIRY – Do not eat the following food items.**

- ***No milk, cheeses, or ice creams***
- ***No Cheez-its Crackers***
- ***No Rice Krispy Treats***
- ***No dessert cake (at lunch)***
- ***No Macaroni & Cheese***
- ***No Grilled Cheese***
- ***No Chicken Nuggets***
- ***No Pizza***
- ***No Mashed Potatoes***
- ***No Butter, and no pc butter cups***
- ***No Creamy Salad dressings***

### **ALLERGIC TO NUTS – Do not eat the following foods.**

- ***No Chocolate Chip cookies***
- ***No peanut products, No PB & J Sandwiches***
- ***NOTE! - (Sunflower seed oil in vegetable burgers)***

### **ALLERGIC TO WHEAT – Do not eat the following foods.**

- ***No snacks (Eat piece of fruit, chips or snack from home)***
- ***No cookies (Gluten Free Dessert on request.)***
- ***No Pizza***
- ***No Grilled Cheese***
- ***No Breads (for sandwiches, burgers or hot dogs)***
- ***No Veggie Burger***
- ***No Pastas***
- ***No Chicken Nuggets (Bread coating)***

### **ALLERGIC TO EGGS – Do not eat the following foods.**

- ***No mayonnaise (No creamy salad dressings)***
- ***No Veggie Burgers***
- ***No Chicken Nuggets***
- ***All pastas made in a facility using eggs (not an ingredient)***

**DIABETIC –Dessert or snack options should be fruit or low sugar choices. Recommend small amounts of pastas, breads and starchy food. Consume proteins, beans and vegetables.**