



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.

1. 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.
2. 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.
3. 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.
4. On the menu that follows, you'll find a few examples of the types of things our cooks can do to help.
5. 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,
The AstroCamp Team

AstroCamp Menu

*menu items are subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		Eggs (GF) Sausage Links (GF, Vg) Potatoes (GF) Waffles Pancakes (GF, V) Banana Bread	Eggs (GF) Sausage Patties (GF, Vg) Tater Tots (GF) Pancakes (GF, V) Cinnamon Rolls	Eggs (GF) Sausage Links (GF, Vg) Potatoes (GF) French Toast Pancakes (GF, V) Mini Muffins	Eggs (GF) Sausage Patties (GF, Vg) Tater Tots (GF) French Toast Sticks Pancakes (GF, V) Danish	Eggs (GF) Sausage Links (GF, Vg) Potatoes (GF) Waffles Cinnamon Rolls	Eggs (GF) Sausage Patties (GF, Vg) Tater Tots (GF) Pancakes (GF, V) Mini Muffins
Lunch		Corn Dogs (Vg) Hot Dogs (GF) French Fries (GF) Mac & Cheese Soups Salad Bar	Pizza (GF) Cheese Pepperoni Salad Bar	Hamburgers (GF, Vg) French Fries GF Salad Bar	Sack Lunch Turkey Sandwich (GF, V) Chips (GF) Oreos Lemonade	Hot Dogs (GF, Vg) French Fries (GF) Mac & Cheese Salad Bar	Sack Lunch Turkey Sandwich (GF, V) Chips (GF) Oreos Lemonade
Dinner	Spaghetti (GF) Baked Pasta (GF) Meatballs (GF, V) Marinara Sauce (GF) Green Beans (GF) Garlic toast Salad Bar	Baked Chicken (GF) Chicken nuggets (V) Rice (GF) Broccoli (GF) Corn (GF) Biscuits Salad Bar	Taco Meat (GF, V) Corn Tortilla (GF) Pinto Beans (GF) Cheese Enchilada Chicken Taquito (GF) Spanish Rice (GF) Fritos (GF) Salad Bar	Baked Chicken (GF) Chicken Tenders (V) Mashed Potato (GF) Corn (GF) Stir-Fry Veggies (GF) Dinner Rolls Salad Bar	Spaghetti (GF) Baked Pasta (GF) Meatballs (GF, V) Marinara Sauce (GF) Green Beans (GF) Garlic toast Salad Bar	Baked Chicken (GF) Chicken nuggets (V) Rice (GF) Broccoli (GF) Corn (GF) Biscuits Salad Bar	
Dessert	Cookies (GF)	Ice Cream (GF)	Rice Crispy Treat (GF)	Pudding (GF)	Cookies (GF)	Ice Cream (GF)	

GF indicates that an option is **gluten free** by definition, or that a gluten free substitute will be available

Vg indicates that an option is **vegetarian** by definition, or that a vegetarian substitute will be available

V indicates that an option is **vegan** by definition, or that a vegan substitute will be available

In addition to these menu items, we always have the following options available at each meal.

Breakfast Bar: fruit, yogurt, fruit juices, oatmeal, cereal (Rice Krispies, Frosted Flakes, Raisin Bran, Cocoa Krispies)

Lunch & Dinner Salad Bar: lettuce, tomatoes, cucumbers, peaches, beets, sprouts, broccoli, beans, dressings (ranch, Italian, hoey mustard, thousand island, sesame)

Snacks: apples, bananas, graham crackers

Beverages: lemonade, fruit punch, apple juice, orange juice, powerade, raspberry tea, milk