



# BASIC MEAL PLAN

## & Allergy Information

### Breakfast Examples

- Cereal
- Eggs, Sausages and Croissants
- Breakfast Burritos
- Friday Morning (an assortment of choices – yogurt, granola bars, cereal, fruit, muffins, etc.)

*Each breakfast menu has additional accompaniments. This can include oatmeal, yogurt, toast, hard-boiled eggs, fruit, small bagels, salsa, muffins, etc.*

### Lunch Examples

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

*Each lunch includes a choice of sandwich meat (ham, turkey, 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

- BBQ Pulled Pork Sandwiches
- Pasta with Red Sauce
- Taco and Nacho Bar
- Pizza
- Grill Out with Burgers, Hot Dogs and Veggie Burgers
- Chicken Sandwiches

*Like breakfast and lunch, each dinner menu has specific accompaniments (veggies, pasta, chips, fruit, etc.). Every dinner meal includes an abundant side salad.*

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

## DIETARY CONCERNS & 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 who don't know or understand a required diet. **We recommend that participants with severe allergies or special dietary needs bring supplemental food for the week.**