


Allergy & Dietary Restrictions Menu Instructions

If your camper has a documented food allergy or dietary restriction please fill out the menu on the next page and upload the edited document to your [MYBVR](#) account under "Allergy & Dietary Restrictions Menu."

- Put a line through all of the food items your camper **cannot eat**, and do not mark the menu otherwise. If you feel that special instructions better explain your camper's food allergies, please write them in the text box on page 3. The full list of ingredients can be found here.
- If you download the PDF in Adobe, please use the fill & sign tool  to fill in camper name, group, and allergy/dietary restrictions. You can then use the line tool to cross out all food the camper cannot eat.
- You can also fill out the menu by hand, and then upload it to the portal by taking a photo of it or scanning it to your computer.
- Make sure your camper's information is in the top box before submitting.

CAMPER INFO

Name: _____ Group/Program: _____ Date: _____
 Allergy/Dietary Restriction: _____



MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST <i>(extended day only)</i>	Cereal: Rice Krispies, Cheerios, Golden Grahams, Special K Bagels: plain or with sunbutter or cream cheese				
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AM SNACK	Apple Crisps	whole wheat Cheez-its	Lays	whole wheat Goldfish	pretzels
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HOT LUNCH ENTREE	Meatballs Subs marinara; whole wheat grinder rolls; parmesan	Chicken Fingers ketchup; honey mustard; bbq sauce	Pasta plain pasta; marinara; parmesan & butter	Pizza cheese; pepperoni	BVR BBQ hamburgers; hot dogs; veggie burgers; buns and rolls
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GF LUNCH	GF meatballs & rolls	GF chicken fingers	GF pasta	GF pizza	GF buns and rolls
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SALAD/DELI	Sandwiches: turkey, cheese, tuna, bagel and cream cheese, and sunbutter & jelly on whole wheat Salad: garden salad (<i>dressing options: balsamic vinaigrette, ranch, Italian</i>) Condiments: mustard, mayo Assorted veggie crudité with ranch and house made hummus without tahini				
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DESSERT	chocolate bear cookies	apple sauce	chocolate pudding	watermelon	popsicles
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BEVERAGES	Milk; Water				
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PM SNACK <i>(extended day only)</i>	Goldfish, Oyster crackers, hand fruit	Lays potato chips, Oyster crackers, hand fruit	Animal crackers, Oyster crackers, hand fruit	Tortilla Chips & Salsa, Oyster crackers, hand fruit	Cheez-its, Oyster crackers, hand fruit
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ALLERGEN OPTIONS

AM SNACK	Nature's Bakery fig bars	Good Health veggie straws	Uglies potato chips	LesserEvil paleo puffs	Snyder's pretzel
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PM SNACK	Uglies BBQ chips	LesserEvil popcorn	Annie's bunny fruit snacks	Way Better Snacks sweet potato tortilla chips	Enjoy Life breakfast oval- apple cinnamon chips
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Allergy Menu Instructions 2022

If you feel that special instructions better explain your child's food allergies, please write them in the text box.