

Oklahoma's First Gluten-Free Food Resident Camp

**Camp Waluhili
June 19-25, 2011**



Camp Waluhili offers great food during all of the sessions of camp. Session 1 has food designed with kids in mind but is prepared based on a Celiac diet. All menu ingredients will be checked from the list of Safe and Unsafe foods as published by Celiac.com. See the entire menu below. This week gives campers with many foods allergies the opportunity to participate in a traditional co-ed summer camp experience where kids can enjoy all the camp activities without concern for the food provided. At this camp, kids don't have to worry about the daily peer pressure of the "I can't have that" syndrome. See menu below!

Parents please read all the resident camp information on Camp Waluhili and follow the registration process. Your child may register for any Specialty Program appropriate for their age. If you have any questions about the camp, feel free to contact us. And don't forget, we have three scheduled open houses that you are welcome to attend. Come and tour the camp plus have the opportunity to talk to camp staff about our camp and programs. The three open houses are April 2, 30 and May 14 from 10:00 am until 2:00 pm. See the FORMS section for directions to camp.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Scrambled Eggs Sausage Hash Brown Patties Juice Self serve options: Yogurt Rice & Corn Chex Cocoa Pebbles Milk	GF pancakes (Pamela's GF Baking & Pancake Mix) Bacon Peaches Juice Self serve options: Yogurt GF Oatmeal flavored packets (Glutenfreeda) Corn Chex Cocoa Pebbles Milk	MYO B'fast Burritos: Corn Tortillas, Scrambled Eggs, Sausage, Diced Ham Tomatoes, Salsa & Cheese available Juice Self serve options: Yogurt GF Oatmeal flavored packets (Glutenfreeda) Corn Chex Cocoa Pebbles Milk	GF Oatmeal (Bob's Red Mill) or GF Cream of Rice Bananas Cinnamon Sugar Raisins, Syrup, & Almond flakes avail. Self serve options: Yogurt GF Oatmeal flavored packets (Glutenfreeda) Corn Chex Cocoa Pebbles Milk	Diced Ham & Egg Bake (Shred chs avail on side) Fried Potatoes Juice Self serve options: Yogurt GF Oatmeal flavored packets (Glutenfreeda) Corn Chex Cocoa Pebbles Milk	GF Iced Apple Streusel (GF Bisquick) Fruit Juice Self serve options: Yogurt GF Oatmeal flavored packets (Glutenfreeda) Corn Chex Cocoa Pebbles Milk
	Frito Chili Pie Fritos and chili Salad Mixed fruit Pickles Pudding	Hot Dogs Baked beans Potato salad Jello Cups	Baked chicken strips with GF coating Rice Salad Mixed Vegetables Fudge Bars	Corn Tortilla Quesadillas Ham or Turkey, W or w/o cheese Raw Veggies-Broccoli & Baby Carrots/Ranch Peaches Popsicles	Taco's with Corn taco shells, meat, shredded Velveeta cheese, lettuce, corn tortilla chips, salsa, Zataran's Mexican Rice Fruit Salad with Pineapple	
Hamburgers Sliced cheese, chopped onions, pickles avail. Frito Lay Reg & Sour Cream/ Onion chips Pears Popsicles	Glazed Chicken Mixed Vegetables Rice Salad Ice Cream Cups	Ham Baked Potatoes Broccoli with Cheese Sauce Salad GF Cake	Shipwreck Dinner GF Spaghetti Spaghetti sauce with meat Salad Green Beans Sherbet Cups	COOK OUT Foil Dinners Hamburger Patty Potatoes, onions, carrots Baked apples or Banana Boats (Marshmallows & Hershey's Chocolate chips)	Baked Potato & Salad Bar with lettuce, tomatoes, broccoli, baby carrots, eggs, cottage cheese, pears, pineapple, shredded cheese, bacon bits, pudding, butter, sour cream, diced ham, diced chicken	
Apples & Oranges	Fruit Snacks	Watermelon	Trail Mix with Corn Chex, Rice Chex, Raisins, & M & M's	Go-Gurt	Kraft Cheese Sticks	

Menu ingredients checked from list of Safe and Unsafe foods as published by Celiac.com
 No Wheat, Barley, Rye, Oats, or Malt