



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 insure that your child eats the correct diet during 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 all their food. 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 need 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 meal time.
4. On the menu that follows, you'll find a few examples of the type 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 Basic Menu and Notes

In addition to what is listed on the Basic Menu, we have the following available for each meal.

For every breakfast: A variety of cold cereals, milk, yogurt, fresh fruit (cantaloupe, honeydew, bananas, grapefruit, oranges, apples) oatmeal, muffins (usually blueberry), individually wrapped danish, water, orange juice, apple juice.

For every lunch: Salad bar (lettuce, fresh vegetables – cucumbers, tomatoes, broccoli, carrots, mushrooms – hard-boiled eggs, grated cheddar cheese, sliced black olives, cottage cheese, canned peaches and pineapple, Ranch, 1000 island, or Italian dressings. Water, fruit punch, or lemonade.

For every dinner: Salad bar (same as above), water, milk, chocolate milk, fruit punch or lemonade.

All the time: Bananas and apples are put out for kids to help themselves during the day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		<ul style="list-style-type: none"> •Waffles •Sausage •Scrambled eggs 	<ul style="list-style-type: none"> •Bagel •Crispy cube potatoes •Scrambled eggs 	<ul style="list-style-type: none"> •Pancakes •Sausage •Scrambled eggs 	<ul style="list-style-type: none"> •English muffins •Diced potatoes •Scrambled eggs 	<ul style="list-style-type: none"> •Waffles •Sausage •Scrambled eggs 	<ul style="list-style-type: none"> •Bagel •Hash browns •Scrambled eggs
Lunch		<ul style="list-style-type: none"> •Pizza-Pepperoni or cheese •Chicken nuggets 	<ul style="list-style-type: none"> •Sack lunch* for departing kids (see notes) •hot dog •sandwich bar (for 5-day groups) 	<ul style="list-style-type: none"> •Hamburgers •Veggie burgers •Tater tots •Mac & cheese •Vegetarian chili 	<ul style="list-style-type: none"> •Sack lunch* 	<ul style="list-style-type: none"> •Hamburgers •French fries •Veggie burgers •Mac & cheese •Soup 	<ul style="list-style-type: none"> •Sack lunch*
Dinner	<ul style="list-style-type: none"> •Lasagna •Cheese manicotti •Cheese ravioli •Vegetables •Garlic bread •Ice cream or sherbet cup 	<ul style="list-style-type: none"> •Teriyaki or BBQ •Chicken •Rice •Vegetarian Pasta •Baked potatoes •Veggie egg rolls •Vegetables •Cornbread •Cookie 	<ul style="list-style-type: none"> •Mexican Seasoned ground beef •Mex. Rice •Refried beans •Tortillas/taco shells •Cheese enchiladas •Beef tamales •Chicken taquitos •Churro 	<ul style="list-style-type: none"> •Fried chicken •Rice pilaf •Baked potatoes •Corn on the cob •Vegetarian pasta •Biscuit •Cookie 	<ul style="list-style-type: none"> •Spaghetti •Meat sauce •Veggie sauce •Vegetables •Cheese manicotti •Cheese ravioli •Meatballs •Garlic bread •Ice cream cup 	<ul style="list-style-type: none"> •Turkey •Mashed potatoes •Gravy •Stuffing •Sweet potatoes •Corn •Vegetarian pasta •Dinner Rolls •Rice Krispy treat 	

Notes:

*Sack lunches contain: turkey & cheese sandwich on a croissant, apple, chips, oreo cookies, apple juice

- The eggs we use for breakfast are real eggs. Nothing is added to them except a small amount of concentrated lemon juice just before they are cooked.
- We use water only in the oatmeal.
- We have soymilk available.

A few examples of how the cooks could help:

1. If your child can't eat fried chicken, the cooks can prepare a boneless/skinless chicken breast (the kitchen has those available at all times).
2. The cooks can boil gluten-free pasta you have sent to replace the spaghetti on Friday night.

The cook is available at meal times to answer questions. This is also the best time for your child and the adult you have designated to discuss anything that might be needed for the next meal.

Please remember that the responsibility for what your child eats rests with your child, the adult you have designated to watch over your child, and you [the parent/guardian]. Obviously, if there is any doubt or uncertainty about what is in the food or how it was prepared, your child should not eat it until they determine that it is safe for them to consume. Our cooks will do their best to answer questions and provide labels for ingredient information.