# CALIFORNIA SCHOOL FOR THE DEAF
## SPORTS CAMP
## AUGUST 14 – 18, 2023

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| 7:30-8:00AM<br>STRAWBERRIES<br>FRUIT BAR<br>WG ASSORTED<br>CEREAL<br>SCRAMBLED EGG<br>BREAKFAST POTATO<br>WGR TOAST<br>MARGARINE<br>JELLY<br>CATSUP<br>LF MILK, SOY MILK<br>NF CHOC MILK | 7:30-8:00AM<br>ORANGE SECTIONS<br>FRUIT BAR<br>WG ASSORTED<br>CEREAL<br>WGR PANCAKES<br>SAUSAGE LINKS<br>SYRUP, MARGARINE<br>CATSUP<br>LF MILK, SOY MILK<br>NF CHOC MILK | 7:30-8:00AM<br>WGR ASSORTED<br>CEREAL<br>FRUIT BAR<br>JUICE<br>HASH BROWNS<br>CHEESE OMELETE<br>WGR TOAST<br>MARGARINE<br>JELLY<br>CATSUP<br>NF CHOC MILK<br>LF MILK | 7:30-8:00AM<br>WGR ASSORTED<br>CEREAL<br>FRUIT BAR<br>GRAPES<br>FRENCH TOAST<br>STICKS<br>POTATO BITES<br>CATSUP<br>SYRUP<br>LF MILK<br>NF CHOC MILK | 7:30-8:00AM<br>WGR ASSORTED<br>CEREAL<br>ORANGE JUICE<br>FRUIT BAR<br>FRIED EGG<br>BREAKFAST<br>POTATO<br>WGR TOAST<br>MARGARINE,<br>JELLY<br>CATSUP<br>,LF MILK<br>NF CHOC MILK |

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| 12:00-12:30PM<br>GARDEN BAR<br>LF/FF DRESSING<br>FRUIT BAR<br>MELON SLICE<br>CHICKEN NUGGETS<br>FRENCH FRIED<br>SAUTEED GREEN<br>BEANS<br>CATSUP, BBQ<br>SAUCE<br>LF MILK<br>SOY MILK<br>PUNCH | 12:00-12:30PM<br>GARDEN BAR<br>LF/FF DRESSING<br>FRUIT BAR<br>APPLE JUICE<br>TACO<br>REFRIED BEANS<br>MEXICAN CORN<br>LETTUCE,<br>TOMATO<br>SALSA, SOUR<br>CREAM<br>LF MILK SOY<br>MILK<br>PUNCH | 12:00-12:30PM<br>GARDEN BAR<br>LF/FF DRESSING<br>FRUIT BAR<br>WATERMELON<br>TURKEY AND<br>CHEESE SAND<br>ON ROLL<br>LETTUCE, TOMATO<br>CORN CHIPS<br>MAYO MUSTARD<br>LF MILK SOY MILK<br>PUNCH | 12:00-12:300PM<br>GARDEN BAR<br>NO LETTUCE<br><br>FRUIT BAR<br>CEASAR SALAD<br>WGR PEPPERONI<br>PIZZA<br>GARLIC BREAD<br>STICKS<br><br>LF MILK SOY MILK<br>PUNCH | 12;00 – 12;30<br>GARDEN BAR<br>LF/FF DRESSING<br>FRUIT BAR<br>APPLE JUICE<br>HAMBURGER<br>WGR BUN<br>POTATO WEDGES<br>BROCCOLI<br>LETTUCE TOMATO<br>ON GARDEN BAR<br>CATSUP,<br>MUSTARD, MAYO<br>LF MILK SOY MILK<br>PUNCH |
| 4:30 -5:00<br>GARDEN BAR<br>FRUIT BAR<br>TRI-TIP<br>AUGRATIN<br>POTATO<br>STIR FRY VEGGIES<br>DINNER ROLL<br>MARGARINE<br>LF MILK SOY MILK<br>PUNCH | 4:30 – 5:00<br>GARDEN BAR<br>FRUIT BAR<br>COLESLAW<br>SLICED MELON<br>FISH AND FRIES<br>CATSUP<br>TARTER SAUCE<br>BISCUIT<br>MARGARINE<br>LF MILK SOY<br>MILK<br>PUNCH | 4:30 – 5:00<br>GARDEN BAR<br>FRUIT BAR<br>CANNED PEACHES<br>*BRAISED PORK<br>CHOPS<br>AUGRATIN POTATO<br>STIR FRY GREEN<br>BEANS<br>DINNER ROLL<br>MARGARINE<br><br>LF MILK SOY MILK<br>PUNCH | 4:30 – 5:00<br>GARDEN BAR<br>FRUIT BAR<br>FRIED CHICKEN<br>MASHED POTATO<br>GRAVY<br>KEY BISCAYNE VEG<br>BISCUIT<br>MARGARINE<br>LF MILK SOY MILK<br>PUNCH | *Contains pork<br>**Menu subject to change without notice**<br><br>Have a great weekend! |