



Section 3:

Dietary

Interventions &

Sustaining Health

Montana Youth Diabetes Alliance Camp

2021 Menu

	Sunday – Staff Only	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Brunch: Cinnamon Rolls, Quiche, meat, cheese, fruit, and veggie trays, Sweet Kale Salad	Amish Breakfast Casserole, Oatmeal, Cereal Bar, Yogurt, Sausage, Fruit, Milk	Denver Eggs, Oatmeal, Cereal Bar, Yogurt, Fruit, Milk	Breakfast Burritos, Hash browns, Oatmeal, Cereal Bar, Yogurt, Fruit, Milk	Sausage and Egg Muffin, Oatmeal, Cereal Bar, Yogurt, Fruit, Milk	French Toast, Sausage Links, Oatmeal, Cereal Bar, Yogurt, Fruit, Milk
Lunch	Snack Lunch: Veggie Trays, Dip	Pulled Pork Sandwich, Coleslaw, Fritos, Salad Bar	Build Your Own Sub Sandwiches, Chips, Fruit, Salad Bar	BLT Sandwich, Chips, Fruit, Salad Bar	Cheese Steak Sub, Sun chips, Fruit, Salad Bar	Family Cookout: Burgers, Polish Dogs, Coleslaw, Potato Salad, Baked Beans, Caesar Salad Watermelon,
Snack		String Cheese, Chex Mix, Apples	Trail Mix, Mandarins, Meat and Cheese Tray	Hummus with Pitas, Ants on a Log	Lil' Smokies in a Blanket, Apples	X
Dinner	Lasagna, Garlic Bread, Brussels Sprouts, Fruit and Salad Bar	Beef Tacos, Refried Beans, Spanish Rice, Crunch Cauliflower Bake, Fruit, Salad Bar	Ham, Potatoes Au Gratin, Mixed Vegetables, Fruit, Salad Bar	Chicken Tender Strips, Wild Rice Pilaf, Green Beans, Fruit, Salad Bar	Baked Potato Bar with Chili, Sour Cream, Bacon, Cheddar Cheese, Salsa, Fruit, Salad Bar	X
Snack	S'mores	Monster Cookies, Fruit	Root Beer Floats	Rice Krispy Treats, Popcorn, Grapes	Dance! Ice Cream Social	X

Salad will be served every day with lunch and dinner.

Salad Bar to contain: greens, carrots, cucumbers, tomato, sunflower seeds, shredded cheese, beans, hard boiled eggs, and other items.

Campers with Special Dietary Needs

The camper's parent/guardian is responsible for reporting any special dietary concerns, such as food allergies or intolerances in the camper application. A member of the registered dietitian (RD) team will be available to discuss any special dietary needs with parents during camper registration. For campers riding the bus to camp, or whose parent/guardian will not be available at drop off, special arrangements to discuss the camper's needs with a dietitian can be made.

Meal and Snack Times:

Campers, counselors, and other staff with special dietary considerations will be made known to the dietary staff, and will receive a nametag to keep at their place at each meal. This nametag will designate the campers/counselors name, cabin or group, and special dietary need.

Most snacks and meals will be served in the dining hall. Campers and staff will line up to pre-bolus for their meals outside of the dining hall. Counselors and campers with special dietary needs will be provided alternative menus which will have accurate carb counts for all of the allergen free menu items. When the campers and staff are allowed into the dining hall for meal and snack times, campers who do not have special dietary needs will have family style meals at their tables. Campers and staff with special dietary needs will make their own plates at a designated allergen free area. Campers will return to their tables to eat their meals with the rest of their cabin group. With regards to specialty diets, all campers with specialty diets will be required to make their plates in the allergen friendly area. Main course food items that they may have will also be available in this line. If a meal is completely allergen free, the campers with dietary restrictions will be allowed to eat family-style with the rest of their cabin.

Allergen free menu items will be as similar as possible to regular menu items (ex: gluten free bread instead of regular bread).

Counselors or medical staff will review meal descriptions with campers prior to each meal.

In the event of a menu changes, the dietitian/foodservice team will communicate this as soon as possible to counselors and other camp staff.

For snacks not consumed in the dining hall, campers with special dietary needs will receive labeled snacks. Some snacks may be fine for all campers, in which case there may not be a label indicating the snack is allergen free.

Hypoglycemia Carbohydrate Treatments for Campers with Specialty Diets:

Most hypoglycemia treatments will be appropriate for campers with dietary restrictions. Campers and camp staff will be notified of any hypoglycemia treatment that is not appropriate for a camper due to a food allergy or intolerance.

NOTE: Any changes or allowances from these guidelines will require discussion and agreement from a Registered Dietitian, Camp Foodservice Staff, and the Medical director, with the goal of reducing the risk of exposure to food allergens or having a significant reaction or anaphylaxis event.