



KEEP Ocean Sample Menu

Subject to Change

| | Breakfast | Lunch | Snack | Dinner |
|-------|---|--|---|---|
| Mon | | Chicken Nuggets Pinto Beans & Corn Pineapple Milk | | Spaghetti Green Salad & Ranch French Roll Apple Juice |
| Tues | Scrambled Eggs & Potatoes Fruit Juice Juice & Milk | Chicken Salad Pita Sun Chips & Apple Green Salad Milk | Nutri Grain Bar Scooby Grahams String Cheese | Tacos - Refried Beans, Ground Turkey, Lettuce & Cheese Spanish Rice Apple Juice |
| Wed | Pancakes & Syrup Yogurt Fruit Juice & Milk | Turkey Hot Dog & Bun Sun Chips Mandarin Orange Baby Carrots Milk | Granola Bar Pretzel Fish Fruit Roll-up | Chicken Tenders Mashed Potatoes & Gravy Green Salad Apple Juice |
| Thurs | Cheese & Green Chile Frittata English Muffin & Jam Fruit Juice & Milk | Turkey Sandwich Potato Chips Banana Baby Carrots Milk | Strawberry Chex Goldfish Crackers String Cheese | Pepperoni Pizza, Green Green Salad & Ranch |
| Fri | Apple Breakfast Cake Boiled Egg Cereal & Fruit Juice & Milk | Corn Dog Orange Celery Sticks Milk | | <i>*Water and condiments are served with each meal.</i> |

How can I prepare my child for a successful week at camp?

Encourage your child to try new or unfamiliar foods while at camp. Dining is part of the camp experience. Please do not send extra food. If you have a picky eater, please review the menu with your child and develop a plan based on what your child *will* eat, not what they won't.

My child has a special dietary need or allergy, what do I need to do?

A **Student Registration form** must be completed for each attending student. Please indicate specific conditions and allergies (e.g. vegetarian, diabetes, no citrus) on that form and give it to your child's teacher. We make every effort to accommodate medically-necessary dietary needs. Please contact our Head Cook prior to your child's visit to arrange necessary meal accommodations. For severe or anaphylactic food allergies, please refer to the **Student Medication** form for further instructions.

Our menu is nut & seafood-free. With many visitors, we cannot guarantee that our campus is free of those allergens.