



# KEEP Ocean Sample Menu

\*Subject to Change

	Breakfast	Lunch	Snack	Dinner
Mon		Chicken Nuggets Pinto Beans Corn & Pineapple Milk		Spaghetti & Ground Turkey Green Salad & Ranch French Roll Apple Juice & Water Brownie
Tues	Scrambled Eggs Corn Tortilla Fruit Juice & Milk	Grilled Chicken Flatbread Sun Chips Apple & Green Salad Milk & Cookie	Nutri Grain Bar Scooby Grahams String Cheese	Beef Tacos Lettuce & Cheese Spanish Rice Refried Beans Apple Juice & Water Ice Cream
Wed	Pancakes & Syrup Turkey Sausage Fruit Juice & Milk	Turkey Hot Dog & Bun Fritos Banana & Baby Carrots Milk & Cookie	Granola Bar Pretzel Fish Fruit Roll-up	Chicken Tenders Mashed Potatoes & Gravy Green Salad & Ranch Apple Juice & Water Cake
Thurs	Chilaquiles con Papas Fruit Juice & Milk	Turkey Sandwich Potato Chips Mandarin Orange Cherry Tomatoes Milk & Cookie	Cinnamon Toast Crunch Bar Goldfish Crackers String Cheese	Pepperoni Pizza Green Salad & Ranch Dressing Apple Juice & Water Surprise Dessert!
Fri	Apple Breakfast Cake Three Cheese Egg Bite Cereal & Fruit Juice & Milk	Chicken Corn Dog Orange Celery Sticks & Ranch Milk & Cookie		<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 together 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 any necessary meal accommodation. For severe or anaphylactic food allergies, please refer to the **Student Medication** form for further instructions.

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