



# KEEP Ocean - Carb Count

## Sample Menu

\*Subject to Change

	Breakfast	Lunch	Snacks	Dinner
<b>M O N</b>		12c Chicken Nuggets 16c Pinto Beans 20c Corn 17c Pineapple 16c Milk		43c Spaghetti & Red Sauce w/Grnd Turkey - 1 cup 5c Green Salad & Ranch 16c French Roll 16c Brownie 29c Apple Juice
<b>T U E S</b>	2c Scrambled Eggs 10c Corn Tortilla 16c Hash Brown 8c Fruit 13c Juice 16c Milk	29c Grilled Chicken 16c Flatbread 19c Sun Chips 35c Banana 3c Green Salad 16c Milk 24c Cookie	25c Nutri Grain Bar 21c Scooby Grahams 0c String Cheese	15c Beef Tacos with Lettuce & Cheese 44c Spanish Rice 25c Refried Beans 29c Apple Juice 16c Ice Cream
<b>W E D</b>	41c Pancakes – 3 pc 0c Turkey Sausage 15c Applesauce 13c Juice 16c Milk	0c Turkey Hot Dog 21c Hot Dog Bun 16c Fritos 30c Apple 7c Baby Carrots 16c Milk 24c Cookie	15c Granola Bar 16c Pretzel Fish 11c Fruit Roll-up	15c Chicken Tenders - 2 pc 14c Mashed Potatoes - ½ cup 3c Gravy ¼ cup 5c Green Salad & Ranch 29c Apple Juice 30c Cake
<b>T H U R S</b>	24c French Toast - 1½ pc 0c Turkey Sausage 16c Fruit 13c Juice 16c Milk	25c Turkey Sandwich 19c Potato Chips 18c Mandarin - 2 7c Baby Carrots 16c Milk 24c Cookie	30c Cinn. Toast Bar 21c Animal Crackers 0c String Cheese	50c Pepperoni Pizza - 2 pc 5c Green Salad & Ranch 29c Apple Juice 29c Surprise Dessert!
<b>F R I</b>	7c 3-Cheese Egg Bite 29c Biscuit 22c Cereal 16c Diced Pear 13c Orange Juice 16c Milk	18c Chicken Corn Dog 25c Orange 0c Celery Sticks 16c Milk 24c Cookie	<i>* Water and condiments are served with each meal.</i>	<b>Optional Condiments:</b> 4c BBQ sauce - 1T 4c Ketsup - 1T 1c Ranch - 2T 28c Pancake Syrup - 1T 20c Chocolate Milk

Seconds are offered at dinner. Please calculate the additional carbs based on what is shown above. These meals are not set in stone. However, this is a good approximation of what items are served and their carb counts. Our menu is nut-free. Please make sure that any alternative food items brought to camp are free of those allergens.

This institution is an equal opportunity provider