



***Subject to Change**

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 our best 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



KEEP Ocean Sample Menu



4-

Day Week

*Subject to Change

	Breakfast	Lunch	Snacks	Dinner
D A Y 1		12c 5 Chicken Nuggets 16c Pinto Beans - ½c 20c Corn - ½c 17c Pineapple - ½c 16c Milk		43c Spaghetti & Red Sauce w/Grnd Turkey - 1 cup 5c Green Salad & Ranch 16c French Roll 27c Brownie 29c Apple Juice
D A Y 2	4c Cheese Omlette 12c Hash Brown 10c Corn Tortilla 17c Fruit - ½ cup 13c Juice 16c Milk	1c Grilled Chicken 29c Flatbread 18c Sun Chips 27c Banana 3c Green Salad 16c Milk 24c Cookie	23c 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
D A Y 3	45c French Toast - 1½ 0c Turkey Sausage 16c Fruit 13c Juice 16c Milk	0c Turkey Hot Dog 21c Hot Dog Bun 16c Fritos 30c Apple 7c Baby Carrots 16c Milk 24c Cookie	29c Trix Cereal Bar 21c Animal Crackers 0c String Cheese	50c Pepperoni Pizza - 2 pc 5c Green Salad & Ranch 29c Apple Juice 29c Surprise Dessert!
D A Y 4	2c 3-Cheese Egg Bite 29c Biscuit 22c Cereal 16c Diced Pear 13c Orange Juice 16c Milk	30c Chicken Corn Dog 25c Orange 0c Celery Sticks 16c Milk 24c Cookie	<i>* Water and condiments are served with each meal.</i>	Optional Items: 4c BBQ sauce - 1T 4c Ketsup - 1T 1c Ranch - 2T 28c Pancake Syrup - 1T 20c Chocolate Milk

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