

KEEP Ocean - Carb Count Sample Menu

5-Day Week

*Subject to Change

	Breakfast	Lunch	Snacks	Dinner
D A Y		12c 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	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	41c Pancakes – 3 pc Oc Turkey Sausage 15c Applesauce 13c Juice 16c Milk	25c Turkey Sandwich 19c Potato Chips 18c Mandarin - 2 7c Baby Carrots 16c Milk 24c Cookie	30c Cinn. Toast 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
D A Y	45c French Toast - 1½ pc Oc Turkey Sausage 16c Fruit 13c Juice 16c Milk	Oc 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	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	* Water and condiments are served with each meal.	Optional Items: 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 our best approximation of what items are served and their carb counts. Our menu is nutfree. Please make sure that any alternative food items brought to camp are free of those allergens.



KEEP Ocean Sample Menu

4-

Day Week

*Subject to Change

	Breakfast	Lunch	Snacks	Dinner
D		12c 5 Chicken Nuggets		43c Spaghetti & Red Sauce
_		16c Pinto Beans - ½c		w/Grnd Turkey - 1 cup
A		20c Corn - ½c		5c Green Salad & Ranch
Y		17c Pineapple - ½c		16c French Roll
1		16c Milk		27c Brownie
-				29c Apple Juice
	4c Cheese Omlette	1c Grilled Chicken	23c Nutri Grain Bar	15c Beef Tacos with
D	12c Hash Brown	29c Flatbread	21c Scooby Grahams	Lettuce & Cheese
Α	10c Corn Tortilla	18c Sun Chips	Oc String Cheese	44c Spanish Rice
Υ	17c Fruit - ½ cup	27c Banana		25c Refried Beans
	13c Juice	3c Green Salad		29c Apple Juice
2	16c Milk	16c Milk		16c Ice Cream
		24c Cookie		
	45c French Toast - 1½	Oc Turkey Hot Dog	29c Trix Cereal Bar	50c Pepperoni Pizza - 2 pc
D	Oc Turkey Sausage	21c Hot Dog Bun	21c Animal Crackers	5c Green Salad & Ranch
Α	16c Fruit	16c Fritos	Oc String Cheese	29c Apple Juice
Υ	13c Juice	30c Apple		29c Surprise Dessert!
	16c Milk	7c Baby Carrots		
3		16c Milk		
		24c Cookie		
D	2c 3-Cheese Egg Bite	30c Chicken Corn Dog	* Water and	Optional Items:
D	29c Biscuit	25c Orange	condiments are	4c BBQ sauce - 1T
A	22c Cereal	Oc Celery Sticks	served with each	4c Ketsup - 1T
T	16c Diced Pear	16c Milk	meal.	1c Ranch - 2T
4	13c Orange Juice	24c Cookie		28c Pancake Syrup - 1T
-	16c Milk			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 our best approximation of what items are served and their carb counts. Our menu is always 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