



KEEP Ocean Sample Menu



5-Day Week

*Subject to Change

	Breakfast	Lunch	Snacks	Dinner
M O N		Chicken Nuggets Pinto Beans Corn Pineapple Milk		Spaghetti & Red Sauce with Ground Turkey Green Salad & Ranch French Roll Brownie & Apple Juice
T U E S	Cheese Omlette Corn Tortilla Hash Brown Fruit Juice & Milk	Grilled Chicken Flatbread Sun Chips Fresh Fruit & Green Salad Milk & Cookie	Nutri Grain Bar Scooby Grahams String Cheese	Beef Tacos Lettuce & Cheese Spanish Rice Refried Beans Apple Juice & Ice Cream
W E D	Pancakes & Syrup Turkey Sausage Fruit Juice & Milk	Turkey Sandwich Potato Chips Fresh Fruit & Baby Carrots Milk & Cookie	Cinn. Toast Bar Pretzel Fish Fruit Roll-up	Chicken Tenders Mashed Potatoes & Gravy Green Salad & Ranch Apple Juice & Cake
T H U R S	French Toast Turkey Sausage Fruit Juice & Milk	Turkey Hot Dog & Bun Fritos Fresh Fruit & Baby Carrots Milk & Cookie	Strawberry Chex Mix Animal Crackers String Cheese	Pepperoni Pizza Green Salad & Ranch Apple Juice Surprise Dessert!
F R I	Three-Cheese Egg Bite Biscuit Cereal & Fruit Juice & Milk	Chicken Corn Dog Fresh Fruit 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, citrus allergy) 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-free. However, with our many visitors, we cannot guarantee that our campus is 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		Chicken Nuggets Pinto Beans Corn Pineapple Milk		Spaghetti & Red Sauce with Ground Turkey Green Salad & Ranch French Roll Brownie & Apple Juice
D A Y 2	Cheese Omlette Corn Tortilla Hash Brown Fruit Juice & Milk	Grilled Chicken Flatbread Sun Chips Fresh Fruit & Green Salad Milk & Cookie	Nutri Grain Bar Scooby Grahams String Cheese	Beef Tacos Lettuce & Cheese Spanish Rice Refried Beans Apple Juice & Ice Cream
D A Y 3	French Toast Turkey Sausage Fruit Juice & Milk	Turkey Hot Dog & Bun Fritos Fresh Fruit & Baby Carrots Milk & Cookie	Strawberry Chex Mix Goldfish Crackers String Cheese	Pepperoni Pizza Green Salad & Ranch Apple Juice Surprise Dessert!
D A Y 4	Three-Cheese Egg Bite Biscuit Cereal & Fruit Juice & Milk	Chicken Corn Dog Fresh Fruit Celery Sticks & Ranch Milk & Cookie		<i>* Water and condiments are served with each meal.</i>

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