



KEEP Ocean - Carb Count Sample Menu ■ ■ ■ ■ ■ ■ ■ ■ ■ ■

5-Day Week

*Subject to Change

	Breakfast	Lunch	Snacks	Dinner
D A Y 1		12c Chicken Nuggets 16c Pinto Beans - ½c 20c Corn - ½c 17c Pineapple - ½c 16c Milk		43c Spaghetti & Red Sauce w/Ground Turkey - 1 c 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 35c Spanish Rice ¼c 25c Refried Beans 29c Apple Juice 16c Ice Cream
D A Y 3	41c Pancakes – 3 pc 0c 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 pcs 18c Mashed Potatoes – 1/3c 3c Gravy ¼ cup 5c Green Salad & Ranch 29c Apple Juice 30c Cake
D A Y 4	45c French Toast - 1½ pc 0c Turkey Sausage 16c Fruit 13c Juice 16c Milk	1c Grilled Chicken * 29c Flatbread * 16c Fritos 30c Apple 7c Carrots 16c Milk 24c Cookie	23c Strawberry Chex Mix 21c Animal Crackers 0c String Cheese	50c Pepperoni Pizza - 2 pcs 5c Green Salad & Ranch 29c Apple Juice 29c Surprise Dessert!
D A Y 5	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 or Ketsup - 1T 1c Ranch - 2T 28c Pancake Syrup - 1T 20c Chocolate Milk
* Morro Bay Lunch is always a hot dog, not a sandwich 0c Turkey Hot Dog 21c Hot Dog Bun				

These meals are not set in stone. This menu is our best approximation of the items served and their carb counts. Please see the menu posted in the Dome on the week of your visit to find last-minute adjustments.

Seconds are offered at dinner. Please calculate the additional carbs based on what is shown above. 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 - Carb Count

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/Ground Turkey – 1 c 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 35c Spanish Rice ¼c 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	23c Strawberry Chex Mix 21c Animal Crackers 0c String Cheese	50c Pepperoni Pizza - 2 pcs 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

These meals are not set in stone. This menu is our best approximation of the items served and their carb counts. Please see the menu posted in the Dome the week of your visit to find last-minute adjustments.

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KEEP Ocean Sample Menu



3-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		15c Beef Tacos with Lettuce & Cheese 35c Spanish Rice ¼c 25c Refried Beans 29c Apple Juice 16c Ice Cream
D A Y 2	4c Cheese Omlette 12c Hash Brown 10c Corn Tortilla 17c Fruit - ½ cup 13c Juice 16c Milk	30c Chicken Corn Dog 19c Potato Chips 8c Mandarin - 2 7c Baby Carrots 16c Milk 24c Cookie	3c Nutri Grain Bar 21c Scooby Grahams 0c String Cheese	50c Pepperoni Pizza - 2 pcs 5c Green Salad & Ranch 29c Apple Juice 29c Surprise Dessert!
D A Y 3	2c 3-Cheese Egg Bite 29c Biscuit 22c Cereal 16c Diced Pear 13c Orange Juice 16c Milk	31c Bean & Cheese Burrito 25c Orange 0c Celery Sticks 1c Ranch - 2T 16c Milk 24c 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.

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