

BASE CAMP

Vegetarian Weekly Menu 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Whole Grain Graham Crackers	Mozzarella String Cheese Stick and Red Delicious Apple	Whole Grain Goldfish Crackers	Mozzarella String Cheese Stick and Red Delicious Apple	Whole Grain Graham Crackers
Lunch*	-Cheese Sandwich on Whole Grain Bread -Carrot Sticks ** -Red Delicious Ap- ple -Water Bottle	-Cheese Sandwich on Whole Grain Sub Bun -Roasted Garbanzo Beans -Fresh Sliced Apples -Water Bottle	-Cheese Sandwich on Whole Grain Bread -Broccoli Florets** -Quartered Orange -Water Bottle	-Cheese Sandwich on Whole Grain Sub Bun -Grape Tomatoes** -Banana -Water Bottle	-Cheddar Cheese and Vegetables on Whole Wheat Wrap -Baby Carrots** -Grapes -Water Bottle
Afternoon Snack	Granola Bar made with Whole Grain Oats	Whole Grain Goldfish Crackers	Whole Grain Pretzels	Granola Bar made with Whole Grain Oats	Whole Grain Pretzels

*All Lunch Sandwiches include lettuce with mayo & mustard on the side.

**Fresh-cut Vegetables are served with optional Ranch Cup.

Due to availability of fresh produce, daily fruit and vegetable options may vary.



BASE Camp Meals include a boxed lunch as well as a morning & afternoon snack made fresh from the OPRF High School Kitchen.

