

BASE CAMP Weekly Menu 2018

	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 Granny Smith Apple	Whole Grain Graham Crackers
Lunch	-Roasted Turkey & Cheese on Whole Grain Bread* -Carrot Sticks ** -Red Delicious Apple -Water Bottle	Pizza Kit with Whole Grain Crust, Pizza Sauce, Mozzarella Cheese, and Turkey Pepperoni -Broccoli Florets -Quartered Orange -Water Bottle	American Cold Cut Turkey Trio & Cheese on Whole Grain Sub Bun -Roasted Garbanzo Beans -Fresh Sliced Apples -Water Bottle	Turkey & Cheese Cracker Kit -Grape Tomatoes -Banana -Water Bottle	-Seasoned Chicken & Cheddar Cheese on Whole Wheat Wrap -Cucumber Slices -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.



**B-A-S-E
CAMP**