



CAMP OCKANICKON WEEKS 1, 4, AND 7



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • WHOLE GRAIN MUFFINS, ASSORT. • JUICE CUP & MILK 	<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • STRAWBERRY WHOLE GRAIN FROSTED POPTART • JUICE CUP & MILK 	<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • WHOLE GRAIN MUFFINS, ASSORT. • JUICE CUP & MILK 	<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • STRAWBERRY WHOLE GRAIN FROSTED POPTART • JUICE CUP & MILK 	<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • WHOLE GRAIN MUFFINS, ASSORT. • JUICE CUP & MILK
LUNCH		<ul style="list-style-type: none"> • BEEF CHEESESTEAK/BUN • SIDE SALAD • STRING CHEESE • FRUIT COCKTAIL 	<ul style="list-style-type: none"> • CHEESE PIZZA • BUFFALO WINGS • SIDE SALAD • BABY CARROTS WITH RANCH DIPPING SAUCE 	<ul style="list-style-type: none"> • CHEESEBURGER/BUN • LETTUCE & TOMATO • CHIPS • FRUIT ROLL-UP 	<ul style="list-style-type: none"> • PULLED PORK • MAC & CHEESE • COLESLAW • APPLESAUCE 	<ul style="list-style-type: none"> • GROUND TURKEY NACHOS • CORN & BLACK BEAN SALSA • APPLE QUESADILLA
AFTERNOON SNACK		<ul style="list-style-type: none"> • ANIMAL CRACKERS • FRUIT SNACKS 	<ul style="list-style-type: none"> • STRAWBERRY YOGURT CHEX MIX • RAISINS 	<ul style="list-style-type: none"> • GOLDFISH PRETZELS • JELLO CUP 	<ul style="list-style-type: none"> • CHEEZ-IT CRACKERS • FRUIT SNACKS 	<ul style="list-style-type: none"> • RICE KRISPY TREAT
DINNER	<ul style="list-style-type: none"> • HOAGIES • CHIPS • COOKIES • ICED TEA • LEMONADE 	<ul style="list-style-type: none"> • ITALIAN BAKED CHICKEN • BREAST FILET • COUNTRY GRAVY • RICE PILAF • GREEN BEANS • SIDE SALAD 	<ul style="list-style-type: none"> • ROAST BEEF • COUNTRY GRAVY • AU GRATIN POTATOES • CARROTS • SIDE SALAD 	<ul style="list-style-type: none"> • GENERAL TSO CHICKEN • VEGGIE FRIED RICE • BROCCOLI • FORTUNE COOKIE • SIDE SALAD 	<ul style="list-style-type: none"> • BEEF LASAGNA • GARLIC BREAD • CALIFORNIA MIXED VEGETABLES • SIDE SALAD 	<p>DINNER DESSERTS: FRESH PINEAPPLE, WATERMELON, CANTALOUPE, HONEYDEW, GRAPES</p>

ALTERNATE MEAL OPTIONS ARE AVAILABLE. PLEASE MAKE SURE TO REGISTER YOUR DIETARY RESTRICTION ONLINE AND AT FOSTER DINING HALL DURING SUNDAY CHECK-IN.

LOW-FAT AND NON-DAIRY MILK ALTERNATIVES ARE AVAILABLE DURING ALL MEAL PERIODS.



CAMP OCKANICKON WEEKS 2 AND 5



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • WHOLE GRAIN MUFFINS, ASSORT. • JUICE CUP & MILK 	<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • STRAWBERRY WHOLE GRAIN FROSTED POPTART • JUICE CUP & MILK 	<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • WHOLE GRAIN MUFFINS, ASSORT. • JUICE CUP & MILK 	<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • STRAWBERRY WHOLE GRAIN FROSTED POPTART • JUICE CUP & MILK 	<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • WHOLE GRAIN MUFFINS, ASSORT. • JUICE CUP & MILK
LUNCH		<ul style="list-style-type: none"> • SLOPPY JOE (TURKEY)/BUN • SIDE SALAD • STRING CHEESE • FRUIT COCKTAIL 	<ul style="list-style-type: none"> • CHEESE PIZZA • BUFFALO WINGS • SIDE SALAD • BABY CARROTS WITH RANCH DIPPING SAUCE 	<ul style="list-style-type: none"> • CHEESEBURGER/BUN • LETTUCE & TOMATO • CHIPS • FRUIT ROLL-UP 	<ul style="list-style-type: none"> • PULLED PORK • MAC & CHEESE • COLESLAW • APPLESAUCE 	<ul style="list-style-type: none"> • CHICKEN NACHOS • CORN & BLACK BEAN SALSA • APPLE QUESADILLA
AFTERNOON SNACK		<ul style="list-style-type: none"> • ANIMAL CRACKERS • FRUIT SNACKS 	<ul style="list-style-type: none"> • STRAWBERRY YOGURT • CHEX MIX • RAISINS 	<ul style="list-style-type: none"> • GOLDFISH PRETZELS • JELLO CUP 	<ul style="list-style-type: none"> • CHEEZ-IT CRACKERS • FRUIT SNACKS 	<ul style="list-style-type: none"> • RICE KRISPY TREAT
DINNER	<ul style="list-style-type: none"> • HOAGIES • CHIPS • COOKIES • ICED TEA • LEMONADE 	<ul style="list-style-type: none"> • ITALIAN BAKED CHICKEN • BREAST FILET • COUNTRY GRAVY • RICE PILAF • GREEN BEANS • SIDE SALAD 	<ul style="list-style-type: none"> • ROAST TURKEY • COUNTRY GRAVY • MASHED POTATOES • CARROTS • SIDE SALAD 	<ul style="list-style-type: none"> • CHICKEN ALFREDO • BUTTERED NOODLES • CALIFORNIA MIXED VEGETABLES • SIDE SALAD 	<ul style="list-style-type: none"> • BEEF LASAGNA • GARLIC BREAD • BROCCOLI • SIDE SALAD 	<p style="text-align: center; color: purple;">DINNER DESSERTS: FRESH PINEAPPLE, WATERMELON, CANTALOUPE, HONEYDEW, GRAPES</p>

ALTERNATE MEAL OPTIONS ARE AVAILABLE. PLEASE MAKE SURE TO REGISTER YOUR DIETARY RESTRICTION ONLINE AND AT FOSTER DINING HALL DURING SUNDAY CHECK-IN.

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CAMP OCKANICKON WEEKS 3 AND 6



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • WHOLE GRAIN MUFFINS, ASSORT. • JUICE CUP & MILK 	<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • STRAWBERRY WHOLE GRAIN FROSTED POPTART • JUICE CUP & MILK 	<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • WHOLE GRAIN MUFFINS, ASSORT. • JUICE CUP & MILK 	<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • STRAWBERRY WHOLE GRAIN FROSTED POPTART • JUICE CUP & MILK 	<ul style="list-style-type: none"> • TRIX YOGURT CUP • CEREAL BOWL, ASSORT. • APPLE SLICES • WHOLE GRAIN MUFFINS, ASSORT. • JUICE CUP & MILK
LUNCH		<ul style="list-style-type: none"> • BEEF MEATBALLS/BUN • SIDE SALAD • STRING CHEESE • FRUIT COCKTAIL 	<ul style="list-style-type: none"> • CHEESE PIZZA • BUFFALO WINGS • SIDE SALAD • BABY CARROTS WITH RANCH DIPPING SAUCE 	<ul style="list-style-type: none"> • CHICKEN PATTY/BUN • LETTUCE & TOMATO • CHIPS • FRUIT ROLL-UP 	<ul style="list-style-type: none"> • PULLED PORK • MAC & CHEESE • COLESLAW • APPLESAUCE 	<ul style="list-style-type: none"> • GROUND TURKEY NACHOS • CORN & BLACK BEAN SALSA • APPLE QUESADILLA
AFTERNOON SNACK		<ul style="list-style-type: none"> • ANIMAL CRACKERS • FRUIT SNACKS 	<ul style="list-style-type: none"> • STRAWBERRY YOGURT • CHEX MIX • RAISINS 	<ul style="list-style-type: none"> • GOLDFISH PRETZELS • JELLO CUP 	<ul style="list-style-type: none"> • CHEEZ-IT CRACKERS • FRUIT SNACKS 	<ul style="list-style-type: none"> • RICE KRISPY TREAT
DINNER	<ul style="list-style-type: none"> • HOAGIES • CHIPS • COOKIES • ICED TEA • LEMONADE 	<ul style="list-style-type: none"> • ITALIAN BAKED CHICKEN • BREAST FILET • COUNTRY GRAVY • RICE PILAF • GREEN BEANS • SIDE SALAD 	<ul style="list-style-type: none"> • ROAST BEEF • COUNTRY GRAVY • AU GRATIN POTATOES • CARROTS • SIDE SALAD 	<ul style="list-style-type: none"> • CHICKEN ENCHILADAS • MEXI-RICE • BROCCOLI • SIDE SALAD 	<ul style="list-style-type: none"> • BEEF LASAGNA • GARLIC BREAD • CALIFORNIA MIXED VEGETABLES • SIDE SALAD 	<p style="text-align: center; color: purple;">DINNER DESSERTS: FRESH PINEAPPLE, WATERMELON, CANTALOUPE, HONEYDEW, GRAPES</p>

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