

## *Astrocamp Menu for Schools*

In addition to our Menu:

Daily for Breakfast we serve a fruit & Yogurt bar which consist of Cut Melon, Grapefruit, Orange Slices, Strawberry & Vanilla Yogurt with Orange and Apple Juice. We also have a breakfast Danish such as Cinnamon Rolls, Banana Bread, Danish & Muffins. We also have a cereal bar that contains Rice Krispies, Frosted Flakes, Raisin Bran & Cocoa Krispies, and we serve Hot Oatmeal each morning.

At Lunch & Dinner we provide a full Salad Bar for each meal which consist of Iceberg and spring mix lettuce, tomatoes, cucumbers, peaches, beets, sprouts, broccoli, beans, and Dressings - Ranch, Italian, Honey Mustard, 1000 Island and sesame.

Snacks: Apples, Bananas and Graham crackers

Beverage at each meals consist of Lemonade, Fruit Punch, Apple and Orange Juice, Powerade, Raspberry Tea, and Milk.

We do not serve Peanut Butter but we do have a toaster area that has Sunflower Butter and grape jelly with white and wheat bread.

Because of all the nut allergies we do not serve any nuts, or use of peanut oil, although some products such as cookies, granola bars have been made in a facility that has nuts. We label these products.

Our Gluten Free section has Hot Dog and Hamburger Buns, Bread, Bagels, Muffins, and GF Cereal - See menu for additional items.

We are not a Kosher kitchen but we can do vegetarian options and can also have vegan options for students and guest. Food can be brought to camp and we do have a microwave available to use in our buffet area, do remember that space is limited if you bring your own food.

Any Questions please Contact Chef Doug Jann - [doug@astrocamp.org](mailto:doug@astrocamp.org)