

Oak Knoll Camp

January 21st - January 24th

Time	Tuesday	Wednesday	Thursday	Friday
 <p>Activity</p>	<p>Arctic Animal Day! Penguin Science Moose Tracks Snacks Arctic Ecosystems</p> 	<p>Winter Olympics! Ski Chalet Parfait Snowboard Designs</p> 	 <p>Ice Ice Building! Igloo Ice-capades Ice Block Towers Iceberg Science Frozen Smoothies</p> 	<p>Snow Days! Ice Cream Science Snowball Launchers Snow-scapes</p> 
8:00-8:50 am	Indoor Rotations (Whitmore Rooms)	Indoor Rotations (Whitmore Rooms)	Indoor Rotations (Whitmore Rooms)	Indoor Rotations (Whitmore Rooms)
8:50-9:10 am	Group Time Team Building	Opening Circle & Team Building	Opening Circle & Team Building	Opening Circle & Team Building
9:20-9:45 am	Opening Circle	Opening Circle	Opening Circle	Opening Circle
9:45-10:15 am	SNACK			
10:15am - 12:00pm	Penguin Science Arctic Ecosystems	Speed Skate Relay	Iceberg Science Ice Block Towers	Snowball Launchers Snow-scapes
12:00-1:00 pm	LUNCH			
1:00-1:30 pm	<u>Kitchen Creation</u> Moose Tracks Snacks	<u>Kitchen Creation</u> Chalet Parfait	<u>Kitchen Creation</u> Frozen Smoothies	<u>Kitchen Creation</u> Ice Cream Science
1:30-2:00 pm	Closing Circle & Awards	Closing Circle & Awards	Closing Circle & Awards	Closing Circle & Awards



MENU

	Tuesday	Wednesday	Thursday	Friday
 <p>Breakfast/ Morning Snack</p>	<p>Non-GMO Whole Grain Cheerios w/ Fresh Fruit and Milk & Chilled Water</p>	<p>Whole Wheat English Muffins, Cream Cheese, Fresh Fruit; Chilled Water</p>	<p>Organic Non-Fat Greek Yogurt, Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Water</p>	<p>Continental Breakfast Fresh Fruit, Bagels, Cereal, Milk & Chilled Water</p>
<p>Lunch</p>	<p>Organic High Protein and Fiber Pasta w/ Organic Chicken w/ Alfredo Sauce, Fresh Fruit, Steamed Vegetables; Milk & Chilled Water</p>	<p>Homemade Organic Chicken Noodle Soup made w/ Boneless Skinless Organic Chicken, Organic High Fiber Pasta and Organic Vegetables, Whole Wheat Toast, Organic Fresh Fruit; Milk & Chilled Water</p>	<p>Organic Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water</p>	<p>Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water</p>

