CAMP

MENU #1

APPROVED BY:
Espie Abueg, R.D.

DAY	BREAKFAST		LUNCH		DINNER	
Sunday	Raisins	1/2C	CREAM OF TOMATO SOUP	1 C	CHICKEN TETRAZZINI	2 C
	/ WG COLD CEREAL	2 BOXES	CRACKERS	2 PKG	BROCCOLI	1/2 C
	HAM PATTIE	1 OZ	/ TOASTED WG CHEESE SAND	2	MIXED GREEN SALAD	1 C
	/ WG TOAST	2 SL	3 BEAN SALAD	1/2C	LF FRENCH DRESSING	2 OZ
	MARG	2 PATS	OVEN FRIED POTATO	1 C	FRUIT CUP	1/2 C
	MILK	1 PT	* SWEET POTATO PIE, WHIP TOPP	1PC	/ WG BREAD	2 SL
			MILK	1/2PT	MARG	2 PATS
					MILK	1/2 PT
Monday	ORANGE	1 WH	SLOPPY JOE SAND	2	ROAST TURKEY W/ STUFFING	3 OZ
	/ OATMEAL	1 C	/ ON WG BUNS	2	MASHED POTATOES w/ GRAVY	1/2C
	SCRAM EGG	1/4 C	CORN	1/2C	PEAS	1 C
	HASH BRN POTATOES	3/4C	LETTUCE & TOMATOES SALAD	1 C	APPLE SALAD	1/2 C
	/ WG TOAST	2 SL	LF RANCH DRESSING	2OZ	* PUMPKIN CAKE	1 SQ
	MARG	2 PATS	ORANGE PINEAPPLE GELATIN	1 SQ	/ CORNBREAD	1 SQ
	MILK	1 PT	MILK		MILK	1/2 PT
			1/2PT			
Tuesday	Tomato Juice	1/2C	TUNA AND NOODLES	2C	SWEET SOUR PORK	11/2C
	/ WG COLD CEREAL	2 BOXES	* CARROTS	1/2C	STEAMED RICE	1 C
	BOILED EGG	1	MIXED GREEN SALAD	1 C	GREEN BEANS	1/2C
	PANCAKES	3 ea	LF ITALIAN DRESSING	1 OZ	CABBAGE APPLE SALAD	1 C
	SYRUP	2OZ	PEACH CRISP	1/2C	ICE CREAM	1/2C
	MILK	I PT	/ WG BREAD	2SL	/ WG BREAD	2 SL
			MARG	2PATS	MARG	2PATS
			MILK	1/2 PT	MILK	1/2PT
Wednesday	/CORN MEAL MUSH	1 C	HOT DOGS	2	BEEF SHEPHERD PIE	2 SQ
	SAUSAGE PATTY	2 PC	/ WG HOT DOG BUNS	2	BROCCOLI	1/2C
	/ BKD WG French Toast Strips	4 pc	LF MAYO, MUSTD, CATSUP, SW RELISH		CHEF'S SALAD	1 C
	w/ SPICED APPLE TOPPING	1/2 C	OVEN FRIED POTATOES	1 C	LF FRENCH DRESSING	2 OZ
	MILK	1 PT	BAKED BEANS	1/2C	PEANUTBUTTER BAR	1 SQ
			* CARROT PINEAPPLE SALAD	1/2C	/ WG BREAD	2 SL
			FRESH ORANGE	1 WH	MARG	2PATS
			MILK	1/2PT	MILK	1/2PT
Thursday	ORANGE	1 WH	BEAN BURRITO W/ CHEESE	2	BARBECUED CHICKEN	5 OZ
	CREAM OF WHEAT	1 C	SPANISH RICE	1 C	MASHED POTATOES	1/2C
	SCRAM EGG	1/4 C	* SPINACH	1/2C	CORN	1/2C
	BACON	1 SL	LETTUCE AND TOMATOES SALAD	1 C	TOSSED GREEN SALAD	1 C
	/ WG TOAST	2 SL	FRESH APPLE	1 WH	LF ITALIAN DRESSING	2OZ
	MARG	2 PATS	/ WG BREAD	2 SL	* CARROT CAKE	1 SQ
	MILK	1 PT	MARG	2 PATS	/ WG BREAD	2 SL
			MILK	1/2PT	MARG	2PATS
					MILK	1/2PT
Friday	V-8 Juice	1/2C	SPAGHETTI W/ MEAT SAUCE	11/2C	BEEF STEW	2 C
	/ OATMEAL	1 C	GREEN BEANS	1/2C	* WINTER SQUASH	1/2C
	HAM SLICE	1 OZ	TOSSED GREEN SALAD	1C	KIDNEY BEAN SALAD	1/2C
	PANCAKES	3 ea	LF RANCH DRESSING	2 OZ	CHERRY COBBLER	1 SQ
	SYRUP	2 OZ	* CANTALOUPE	1 C	/ CORNBREAD	1 SQ
	MILK	1 PT	/ WG GARLIC BREAD	1 SL	MILK	1/2PT
			MILK	1/2PT		
Saturday	BANANA	1 WH			CHEESEBURGER	4 OZ
	/ WG COLD CEREAL	2 BOXES	* CHICKEN STIR FRY W/ CARROTS	2 C	/ WG BUN	1
	SCRAM EGG	1/4 C	STEAMED RICE	1 C	LETTUCE AND TOMATOES	1/2C
	BISCUITS	2 ea	COLESLAW	1/2C	LF MAYO,MUSTD,CATSUP,SW RELISH	
	JAM	1 OZ	FRESH ORANGE	1 WH	OVEN FRIED POTATOES	1 C
	MARG	1 PAT	/ WG BREAD	2 SL	* MIXED VEGETABLES	1/2C
	MILK	1 PT	MARG	2 PATS	BUTTERSCOTCH BROWNIES	1 SQ
			MILK	1/2PT	MILK	1/2PT

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Old Original

Original Menus

CAMP MENU #2 DATE APPROVED BY:

Espie Abueg, R.D.

DAY	BREAKFAST		LUNCH		DINNER	
Sunday	ORANGE	1 WH	BEEF & CHEESE BURRITO	2 PC	OVEN FRIED CHICKEN	2 PC
	/ OATMEAL	1 C	REFRIED BEANS	1/2 C	MASHED POTATO	1/2 C
	SCRAM EGG	1/4 C	LETTUCE & TOMATOES	1C	CUT CORN	1/2 C
10-19-08	/ WG MUFFINS	2	* CARROT & RAISINS SALAD	1/2 C	SPRING GREEN SALAD	1 C
	MILK	1 PT	FRESH APPLE	1 WH.	LF RUSSIAN DRESSING	2 OZ
			SALSA	1/4C	* CORN BREAD	1 SQ
			/ WG BREAD	2 SL	MARG.	1 PAT
			MARG.	2 PATS	PEANUT BUTTER BAR	1 SQ
			MILK	1/2PT.	MILK	1/2PT
Monday	RAISINS	1/2 C	BAKED HAM	3 OZ	MEAT LOAF W/ 2 OZ TOM SCE	4 OZ
	/ WG COLD CEREAL	2 BOXES	CANDIED YAMS	1/2C	STEAMED RICE	1 C
10-20-08	SAUSAGE PATTIE	1 OZ	* SPINACH	1/2 C	MIXED VEGETABLES	1/2 C
	PANCAKES	3	MIXED GREEN SALAD	1 C	TOSSED GREEN SALAD	1 C
	SYRUP	2 OZ	LF ITALIAN DRESSING	2 OZ	LF FRENCH DRESSING	2 OZ
	MILK	1 PT	GRAPES, SEEDLESS	1/2C	FRESH ORANGE	1 WH
			/ WG BREAD	2 SL	/ WG BREAD	2 SL
			MARG.	2 PATS	MARG.	2PATS
			MILK	1/2PT	MILK	1/2 PT
Tuesday	Tomato Juice	1/2C	HOT DOGS ON	2	CHICKEN & NOODLE	2 C
	/ OATMEAL	1C	/ WG HOT DOG BUNS	2	GREEN BEANS	1/2C
10-21-08	BOILED EGG	1	LF MAYO, MUSTD, CATSUP, SW RELISH		MACARONI SALAD	1/2C
	HASH BRN POTATO	3/4 C	BAKED BEANS	1/2C	* PUMPKIN BAR	1/2C
	/ WG TOAST	2 SL	OVEN FRIED POTATOES	1 C	/ WG BREAD	2 SL
	MARG.	2 PATS	CREAMY COLESLAW	1 C	MARG.	2 PATS
	MILK	1 PT	PEAR	1 WH	MILK	1/2 PT
			MILK	1/2PT		
Wednesday	ORANGE	1 WH	CREOLE FISH	3 OZ	ROAST BEEF W/ 2 OZ GRAVY	3 OZ
	CREAM OF WHEAT	1 C	FRIED RICE	2/3C	SCALLOPED POTATOES	1/2C
10-22-08	VEG. OMELET	1/2 C	PEAS	1/2C	BROCCOLI	1/2 C
	BACON	1 SL	POTATO SALAD	1/2C	MIXED GREEN SALAD	1 C
	/ WG TOAST	2 SL	YELLOW CAKE	1 SQ	LF RANCH DRESSING	2
	MARG.	2 PATS	/ WG BREAD	2 SL	*APRICOTS	1/2C
	MILK	1 PT	MARG.	2 PATS	/ WG BREAD	2 SL
			MILK	1/2 PT	MARG.	2 PATS
					MILK	1/2 PT.
Thursday	Raisins	1/2C	CHILI MACARONI	1-1/2 C	BAKED HAM	3 OZ
	/ WG COLD CEREAL	2 BOXES	*CARROTS	1/2 C	* SWEET POTATO	1/2 C
10-23-08	SCRAM EGG	1/4 C	TOSSED GREEN SALAD	1 C	CAULIFLOWER	1/2 C
	HASH BRN POTATO	3/4 C	LF RANCH DRESSING	1 OZ	CABBAGE, RAISINS SALAD	1/2 C
	/ WG TOAST	2 SL	FRUIT CUP	1/2C	GINGERBREAD W/ WHIP TOPP	1 SQ
	MARG	2 PATS	/ WG BREAD	2 SL	/ WG BREAD	2 SL
	MILK	1 PT	MARG.	2 PATS	MARG	2 PATS
			MILK	1/2 PT	MILK	1/2 PT.
Friday	ORANGE	1 WH	PORK CHOPSUEY	11/2C	HAMBURGER PATTIE ON	3 OZ
	CREAM OF WHEAT	1 C	RICE	1 C	/ WG HAMB BUN	1
10-24-08	/ WG BKD FRENCH TOAST STRIPS W/ 4		*BAKED WINTER SQUASH	1/2 C	LETTUCE & TOMATOES	1/2 C
	SPICED APPLE TOPPING	1/2C	WALDORF FRUIT SALAD	1/2 C	LF MAYO, MUSTD, CATSUP, SW RELISH	
	HAM SLICE	1 OZ	CANNED PINEAPPLE	1/2 C	GREEN BEANS	1/2 C
	MILK	1 PT	/ WG BREAD	2 SL	POTATO SALAD	1/2 C
			MARG.	2 PATS	JELLO W/FRUIT	1/2 C
			MILK	1/2 PT	MILK	1/2 PT.
Saturday	BANANA	1 WH	*VEGETABLE SOUP	1 C	BAKED FISH SCANDIA	2 PORT.
	/ WG COLD CEREAL	2 BOXES	CRACKERS	2 PKGS	RICE PILAF	1 C
10-25-08	SAUSAGE LINKS	2 LINKS	COLD CUTS BOLOGNA	2 OZ	STEWED TOMATO	1/2C
	WAFFLES	3	SL. CHEESE	1 OZ	*TOSSED GREEN, SPINACH SLD	1 C
	SYRUP	2 OZ	LETTUCE & TOMATO	1 C	LF FRENCH DRESSING	2 OZ
	MILK	1 PT	LF MAYO, MUSTARD	1 OZ EA	CHERRY COBBLER	1/2C
			MACARONI SALAD	1/2 C	/ WG BREAD	2 SL
			FRESH ORANGE	1 WH	MARG.	2 PATS
			/ WG BREAD	2 SL	MILK	1/2PT.
			MILK	1/2 PT		

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Old Original

CAMP MENU #3 DATE APPROVED BY:

Espie Abueg, R.D

DAY	BREAKFAST		LUNCH		DINNER	
Sunday	Raisins	1/2C	SPAGHETTI W/ MEAT SAUCE	11/2 C	BAKED HAM/ 2 OZ FRUIT SAUCE	3 OZ
	/ COLD CEREAL	2 BOXES	ITALIAN SQUASH	1/2 C	CREAMED POTATOES	1/2 C
	/ WG BAGEL	1 WH	MIXED GREEN SALAD	1 C	GREEN BEANS	1/2 C
	LF CREAM CHEESE	1 TBSP	LF ITALIAN DRESSING	2 OZ	CABB, APPLE, RAISINS SALAD	1/2C
	JAM	1 OZ	MIXED FRUIT	1/2 C	*SWEET POTATO PIE w/ WHIP TOPP	1 SL
	SAUSAGE PATTY	1 OZ	/ WG GARLIC BREAD	1 SL	/ WG BREAD	2 SL
	MILK	1PT	MILK	1/2PT.	MARG.	2PATS
					MILK	1/2PT
Monday	ORANGE	1 WH	/ BREADED CHICKEN 1 WG BUN	3 OZ	VEGETABLE LASAGNA	2PC
	/ OATMEAL	1 C	LETTUCE AND TOMATOES	1C	/ WG ITALIAN BREAD	1SL
	SCRAM EGG	1/4 C	LF MAYO, MUSTD, CATSUP, SW RELISH		MARG	1 PAT
	HASH BROWN POTATO	3/4 C	BROCCOLI	1/2C	CAESAR SALAD	1 C
	/ WG TOAST	2 SL	* SPINACH SALAD	1 C	BLOND BROWNIES	1 SQ
	MARG.	2PATS	CHERRY CRISP	2 PC	MILK	1/2PT.
	MILK	1 PT	MILK	1/2PT		
Tuesday	BANANA	1 WH	* VEGETABLE SOUP	1C	CHICKEN FAJITAS ON	2 PC
	/ RAISIN BRAN CEREAL	2 BOXES	CRACKERS	2 PKGS	/ WG FLOUR TORTILLAS	
	HAM PATTIE	1 OZ	/ TURKEY CLUB ON WG BAGEL	1	LETTUCE AND TOMATOES	1 C
	HASH BROWN POTATO	3/4 C	OVEN FRENCH FRIED POTATOES	1 C	LF SOUR CREAM	2 OZ
	/ WG TOAST	2 SL	COLE SLAW	1/2 C	SALSA	2 OZ
	MARG.	2 PATS	FRESH ORANGE	1 WH	SPANISH RICE	1 C
	MILK	1 PT	MILK	1/2 PT	THREE BEAN SALAD	1/2C
					COCONUT PUDDING	1 /2C
					MILK	1/2PT
Wednesday	Tomato Juice	1/2C	CHILE CON CARNE W/ BEANS	1 C	BREADED BKD PORK CHOP	5 OZ
	CREAM OF WHEAT	1 C	CRACKERS		OVEN BRWN POTATO	1 C
	/ WG FRENCH TOAST	3 SL	2PKGS		* SPINACH	1/2 C
	SYRUP	2 OZ	SUMMER SQUASH	1/2 C	LETTUCE & TOMATOES SALAD	1 C
	SAUSAGE LINKS	2 LINKS	TOSSED GREEN SALAD	1 C	LF ITALIAN DRESSING	2 OZ
	MILK	1 PT	LF RANCH DRESSING	2 OZ	/ OATMEAL RAISIN COOKIE	2
			PINEAPPLE	1/2C	/ WG BREAD	2 SL
			/ WG BREAD	2SL	MARG.	2 PATS
			MARG.	2 PATS	MILK	1/2 PT.
			MILK	1/2 PT		
Thursday	ORANGE	1 WH	ENCHILADAS	2 PC		
	/CORN MEAL MUSH	1 C	REFRIED BEANS	1/2 C	NEW MACARONI & CHEESE	2 C
	HARD BOILED EGG	1	* PEAS AND CARROTS	1/2 C	BROCCOLI	1/2 C
	BACON	1 SL	POTATO SALAD	1/2 C	COLE SLAW	1/2C
	/ WG TOAST	2 SL	CANNED PEACHES	1/2 C	* PUMPKIN CAKE	1 SQ
	MARG.	2 PATS	/ WG FLOUR TORTILLAS	2 PC	/ WG BREAD	2 SL
	MILK	1 PT	LF SOUR CREAM	2OZ	MARG.	2 PATS
			SALSA	2OZ	MILK	1/2PT.
			MILK	1/2 PT		
Friday	BANANA	1 WH	PIZZA W/ CHEESE TOPP	2 PC	CHEESE BURGER ON	4 OZ
	/ COLD CEREAL	2 BOXES	BREAD STICKS	2 STKS	/ WG BUN	1
	SAUSAGE PATTY	1 OZ	GREEN BEANS	1/2C	LETTUCE & TOMATOES	1/2C
	HASH BROWN POTATO	3/4 C	*CARROT & PINEAPPLE SALAD	1/2 C	LF MAYO, MUSTD, CATSUP, SW RELISH	
	/ WG TOAST	2 SL	FRESH ORANGE	1 WH	CORN	1/2C
	MARG.	2 PATS	MILK	1/2 PT	MIXED GREEN SALAD	1 C
	MILK	1 PT			LF ITALIAN DRESSING	2OZ
					CHERRY CAKE PUDDING	1/2C
					MILK	1/2 PT.
Saturday	V-8 Juice	1/2C	PORK BURRITO	2	HONEY LEMON CHICKEN	2 PC
	/ OATMEAL	1 C	REFRIED BEANS	1/2 C	RICE PILAF	1/2 C
	SL HAM	1 OZ	* MIXED GREEN SPINACH SALAD	1 C	CAULIFLOWER	1/2 C
	PANCAKES	3	LF RANCH DRESSING	2 OZ	GARDEN VEGETABLE SALAD	1 C
	SYRUP	2 OZ	FRESH APPLE	1 WH	SPICE COOKIES	2
	MILK	1 PT	/ WG FLOUR TORTILLAS	2 PC	/ WG BREAD	2 SL
			LF SOUR CREAM	2 OZ	MARG.	2 PATS
			MILK	1/2 PT	MILK	1/2 PT.

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Old Original

CAMP MENU #4 DATE APPROVED BY:

Espie Abueg, RD

DAY	BREAKFAST		LUNCH		DINNER	
Sunday	ORANGE	1 W	BEAN SOUP	1 C	ROAST BEEF/ 2 OZ GRAVY	3 OZ
	/ OATMEAL	1 C	CRACKERS	2 PKGS	MASHED POTAO	1/2 C
	* PUMPKIN MUFFIN	1 SQ	BEEF TACO PIE	2 PC	* MIXED VEGETABLES	1/2 C
	SCRAMBLED EGG	1/4 C	CORN	1/2C	LETTUCE & TOMATOES SLD	1 C
	MILK	1 PT	LETTUCE AND TOMATOES	1 C	LF RUSSIAN DRESSING	2 OZ
			LF SOUR CREAM	2 OZ	SPICE CAKE	1 SQ
			FRESH APPLE	1 WH	/ WG BREAD	2 SL
			MILK	1/2PT.	MARG.	2 PATS
					MILK	1/2PT
Monday	Tomato Juice	1/2C	PORCUPINE MEAT BALLS/TOM SCE	3 OZ	BEEF STEW	1 C
	/ WG COLD CEREAL	2 BOXES	OVEN BRN POTATO	1C	NOODLES	1 C
	/ WG FRENCH TOAST	3 SL	CAULIFLOWER	1/2 C	SWEET & SOUR RED CABBAGE	1/2 C
	HAM PATTIE	1 OZ	CUCUMBER ONION SALAD	1/2C	FRUIT SALAD	1/2C
	SYRUP	2 OZ	* APRICOTS	1/2 C	BREAD PUDDING	1/2 C
	MILK	1 PT	/ WG BREAD	2 SL	/ WG BREAD	1 SL
			MARG	2 PATS	MARG	1 PAT
			MILK	1/2 PT	MILK	1/2 PT
Tuesday	STEWED PRUNES	1 WH	CORNED BEEF, BOILED	3 OZ	CHEESEBURGER ON	4 OZ
	/CORN MEAL MUSH	1 C	BOILED POT & CABBAGE	1 C	/ WG BUN	1
	SCRAMBLED EGG	1/4 C	* CARROTS	1/2C	OVEN Fried POTATOES	1C
	BACON	1 SL	MIXED GREEN SALAD	1 C	LF MAYO, MUSTD, CATSUP, SW RELISH	
	/ WG TOAST	2 SL	LF RANCH DRESSING	2 OZ	CUT CORN	1/2 C
	MARG.	2 PATS	FRESH ORANGE	1/2 C	LETTUCE & TOMATOES	1 C
	MILK	1 PT	/ WG BREAD	2 SL	SHERBET	1/2C
			MARG	2PATS	MILK	1/2 PT.
			MILK	1/2 PT		
Wednesday	ORANGE	1 WH	BARBECUE PORK ON	3 OZ	OVEN BAKED CHICKEN	2PC
	/ OATMEAL	1 C	/ WG BUN	1	PARSLIED POTATOES	1/2 C
	WAFFLES	3	BAKED BEANS	1/2 C	* CARROTS	1/2 C
	SYRUP	2OZ	* MIXED VEGETABLES	1/2 C	SPRING GREEN SALAD	1 C
	SAUSAGE PATTY	1 OZ	CABB, APPLE & CELERY SALAD	1/2 C	LF FRENCH DRESSING	2 OZ
	MILK	1 PT	LEMON MERINGUE PIE	1 PC	PINEAPPLE SLICED	4 SL
			MILK	1/2 PT	/ WG BREAD	2 SL
					MARG.	2PATS
					MILK	1/2 PT.
Thursday	Raisins	1/2C	CHILI CON CARNE W/ BEANS	1 C	SALISBURY STEAK /2OZ GRAVY	3 OZ
	WG COLD CEREAL	2 BOXES	STEAMED RICE	1 C	MASHED POTATOES	1/2 C
	HARD BOILED EGG	1/4 C	PEAS	1/2 C	BROCCOLI	1/2 C
	HASH BRN POTATO	3/4 C	TOSSED GREEN SALAD	1 C	* CARROT RAISINS SALAD	1/2 C
	/ WG TOAST	2 SL	LF ITALIAN DRESSING	2 OZ	APPLESAUCE CAKE	1 SQ
	MARG.	2 PATS	FRESH PEAR	1 WH	/ WG BREAD	2 SL
	MILK	1 PT	/ WG BREAD	2 SL	MARG .	2 PATS
			MARG.	2 PATS	MILK	1/2 PT.
			MILK	1/2 PT		
Friday	ORANGE	1 WH	TAMALE PIE	2 SQ	BAKED CAJUN FISH	2PC
	CREAM OF WHEAT	1 C	ZUCCHINI SQUASH	1/2 C	OBRIEN POTATOE	1/2 C
	/ WG PANCAKES	3	GARDEN VEGETABLES SALAD	1 C	GREEN BEANS	1/2 C
	SYRUP	2 OZ	LF RANCH DRESSING	2 OZ	MIXED GREEN SALAD	1 C
	SLICED HAM	1 OZ	APPLE COBBLER	1/2 C	LF FRENCH DRESSING	2 OZ
	MILK	1 PT	/ WG BREAD	2 SL	* SWEET POT PIE, WHP TOPP	1/2 C
			MARG.	2 PATS	/ WG BREAD	2 SL
			MILK	1/2 PT	MARG.	2 PATS
					MILK	1/2 PT.
Saturday	BANANA	1 WH	SALAD PLATE- EGG SALAD	1/3C	TURKEY A LA KING	11/2C
	/ WG COLD CEREAL	2 BOXES	HAM SLICE, CHEESE SL	1 OZ	STEAMED RICE	1 C
	SCRAMBLED EGG	1/4 C	EA		BROCCOLI	1/2 C
	BISCUITS	2	BAKED BEANS	1/2 C	COLE SLAW	1/2C
	MARG	2 PATS	LETTUCE & TOMATOES	1 C	PEANUT BUTTER COOKIES	3
	HASH BROWNS	3/4 C	* CANTALOUPE	1 C	/ WG BREAD	2 SL
	MILK	1 PT	/ WG BREAD	2 SL	MARG.	2 PATS
			MARG	2PATS	MILK	1/2 PT.
			MILK	1/2 PT		

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Old Original

CAMP MENU #5 DATE: APPROVED BY:

Espie Abueg, R.D

DAY	BREAKFAST		LUNCH		DINNER	
Sunday	APPLESAUCE	1/2C	SUBMARINE SAND	1	BARBECUED CHICKEN	2PC
	/ OATMEAL	1 C	/ WG SUB ROLL	1	PARSLIED POTATOES	1/2 C
	SAUSAGE LINKS	2 LINKS	BOLOGNA, CHEZ, TURKEY,HAM	1 OZ	GREEN BEANS	1/2C
	MUFFINS	2	EA		MACARONI SALAD	1/2C
	MARG	2 PATS	LETTUCE AND TOMATOES	1 C	PUMPKIN PIE, WP TOPP	1/2C
	MILK	1 PT	POTATO SALAD	1C	/ WG BREAD	2 SL
			RANCH STYLE BEANS	1/2 C	MARG.	2 PATS
			MELON	1 C	MILK	1/2PT
			MILK	1/2PT		
Monday	ORANGE	1 WH	TURKEY AND NOODLES	2 C	POLISH SAUSAGE	3 OZ
	CREAM OF WHEAT	1 C	* CARROTS	1/2 C	BAKED BEANS	1/2 C
	/ WG PANCAKES	3	CABB, APPLE, CELERY SALAD	1/2C	LYONNAISE POTATO	1/2C
	HAM PATTIE	1 0Z	PEARS	1/2 C	COLESLAW	1/2C
	SYRUP	2 OZ	/ WG BREAD	2 SL	APPLE SAUCE	1/2 C
	MARG.	1 PAT	MARG	2PATS	/ WG BREAD	2 SL
	MILK	1 PT	MILK	1/2 PT	MARG	2 PATS
					MILK	1/2 PT
Tuesday	TOMATO JUICE	1/2C	BAKED LASAGNA	2 SQ	CORNED BEEF	3 OZ
	/ OATMEAL	1 C	ZUCCHINI SQUASH	1/2C	BOILED POTATOES & CABB	1 CUP
	SCRAMBLED EGG	1/4C	TOSSED GREEN SALAD	1 C	* CARROTS	1/2C
	HASH BROWN POTATO	3/4C	LF ITALIAN DRESSING	2 OZ	KIDNEY BEANS SALAD	1/2C
	/ WG TOAST	2 SL	APPLE CRISP	1/2C	MIXED FRUIT CUP	1/2C
	MARGARINE	2PATS	/ WG GARLIC BREAD	2 SL	/ WG BREAD	2 SL
	MILK	1 PI	MILK	1/2PT	MARGARINE	2PATS
					MILK	1/2PT
Wednesday	RAISINS	1/2 C	CHICKEN CACCIATORE	2 PC.	BAKED HAM W/ 2OZ FRT SCE	3 OZ
	/ WG COLD CEREAL	2 BOXES	STEAMED RICE	1 C	* SWEET POTATOES	1/2C
	FRIED EGG	1	BROCCOLI	1/2 C	CAULIFLOWER	1/2C
	BACON	1 SL	SPRING GREEN SALAD	1 C	3 BEAN SALAD	1 C
	/ WG TOAST	2 SL	LF RUSSIAN DRESSING	2 OZ	PINEAPPLE UP-SIDE DWN CAKE	1 SQ
	MARG	2 PATS	FRESH ORANGE	1 WH	/ WG BREAD	2 SL
	MILK	1 PT	/ WG BREAD	2 SL	MARG.	2 PATS
			MARG	2PATS	MILK	1/2 PT.
			MILK	1/2 PT		
Thursday	ORANGE	1 WH	BKD BRD FISH SAND ON	4 OZ	ROAST TURKEY W/ 2OZ GRAVY	3 OZ
	/ CORN MEAL MUSH	1 C	/ WG BUN	1	MASHED POTATO	1/2 C
	/ WG FRENCH TOAST	3 SL	LF MAYO, MUSTD.CATSUP, SW RELISH		* MIXED VEGETABLES	1/2 C
	SYRUP	2 OZ	OVEN FRIED POTATO	1C	COLE SLAW	1/2 C
	SLICED HAM	1 OZ	BAKED BEANS	1/2	APPLESAUCE CAKE	1 PC
	MILK	1 PT	* CARROT SALAD	1/2 C	/ WG BREAD	2 SL
			CHERRY COBBLER	1 SQ	MARG	2PATS
			MILK		MILK	1/2 PT.
			1/2PT			
Friday	BANANA	1 WH	TURKEY CHOW MEIN	11/2 C	MEAT LOAF W/ 2 OZ TOM SCE	3 OZ
	/ WG COLD CEREAL	2 BOXES	CHOW MEIN NOODLES	1 C	OVEN FRIED POTATO	1 C
	SCRAMBLED EGG	1/4 C	* BAKED WINTER SQUASH	1/2 C	* CARROTS	1/2 C
	HASH BROWN POTAT ES	3/4 C	POTATO SALAD	1/2 C	TOSSED GREEN SALAD	1 C
	/ WG TOAST	2 SL	FRESH ORANGE	1 WH	LF FRENCH DRESSING	2 OZ
	MARG.	2 PATS	/ WG BREAD	2 SL	BAKED CUSTARD	1/2C
	MILK	1 PT	MARG.	2 PATS	/ WG BREAD	2 SL
			MILK	1/2 PT	MARG.	2 PATS
					MILK	1/2 PT.
Saturday	V-8 JUICE	1/2 C	HOT DOGS ON	2	ENCHILADAS	2
	CREAM OF WH EAT	1 C	/ WG BUNS	2	REFRIED BEANS	1/2C
	BOILED EGG	1	OVEN BKD FRFR POTATO	1 C	SPANISH RICE	1/2 C
	DOUGHNUT	1	CORN	1/2 C	MIXED GREEN SALAD	1 C
	/ WG TOAST	2 SL	RELISH PLATE	2 OZ	LF ITALIAN DRESSING	2OZ
	MARG.	2 PATS	* APRICOTS	1/2 C	/ WG FLOUR TORTILLAS	2 PC
	MILK	1 PT	LF MAYO, MUSTD, CATSUP, SW RELISH		LF SOUR CREAM	2 OZ
			MILK	1/2 PT.	SALSA	2 OZ
					* PUMPKIN BAR	1/2C
					MILK	1/2PT

- • VITAMIN A SOURCE
- / WHOLE GRAIN SOURCE

Old Original

STANDARD MENU

CYCLE 1 (4.0)

MENU

Date:_____

DAY	BREAKFAST	Svg	LUNCH	Svg	DINNER	Svg	HS SNACK	Daily Totals
Sunday	Apricots** ## WG Cold Cereal #Breakfast Burrito Salsa* Fluid Skim Milk	½ cup 1 ½ cup 1 ea ½ cup 16 oz	Cream of Tomato Soup* ##WG Crackers ##Grilled Cheese Sandwich Ranch Style Beans*** Oven Baked Potato* Fluid Skim Milk Spread	1 cup 6 sq 1 sand 1 cup 1 pot 8 oz 1 tsp	#Chicken Tetrazzini Broccoli*/** Mixed Green Salad LF French Dressing ##Wheat Bread Spread Fluid Skim Milk Sweet Potato Pie**	2 svg ½ cup 1 cup 1 tbsp 2 slice 1 tsp 8 oz 1 svg	## Granola Bar 1 bar	Kcal.....2998 %Fat.....26 Chol..... 403 mg Protein.....2 svg TPro.....152gm CA++.....2607mg Grain.....10 svg WG.....8 svg Vit C*.....103 mg Vit A**...4277 RE Fiber.....38 gm
Monday	Fresh Apple ##Oatmeal ##Whole Wheat Bread Bacon Hash Browns Fluid Skim Milk Sugar Jelly	1 whole 1 cup 2 slice 2 strip ¾ cup 8 oz 1 tsp 1 tbsp	Sloppy Joe Sandwich on ##Whole Wheat Bun Corn on Cob Lettuce & Tomato Salad* LF Ranch Dressing Orange Pineapple Gelatin* Fluid Skim Milk Spread	2 ea 2 ea 1, 3" 1 cup 1 tbsp 1 svg 8 oz 1 tsp	Roasted Turkey w/ #Bread Stuffing Mashed Potatoes w/ Gravy Peas and Carrots** Sliced Peaches ##WW Dinner Roll Fluid Skim Milk Spread	4 oz 1 svg ¾ cup ¼ cup ½ cup ½ cup 2 roll 8 oz 2 tsp	## WG Cold Cereal ¾ cup Fluid Skim Milk 8 oz	Kcal.....2997 %Fat.....27.5 Chol..... 236mg Protein.....4 svg TPro.....154gm CA++.....1842mg Grain.....12svg WG.....11svg Vit C*.....119mg Vit A**....1829RE Fiber.....42gm
Tuesday	Orange Juice* ##Whole Wheat Pancakes Spiced Apple Topping Turkey Sausage Links Scrambled Eggs Fluid Skim Milk Lite Syrup	8 oz 3 ea 1/3 cup 2 ea ½ cup 8 oz 2 tbsp	#Stromboli w/Tomato Sauce* Minestrone Soup**/*** #Soft Breadstick Garden Salad*/** LF Italian Dressing Cantaloupe** Fluid Skim Milk	2 svg 1 cup 1 stick 1 cup 1 tbsp 1 cup 8 oz	Sweet n Sour Pork #Steamed Rice Green Beans Mandarin Oranges* Ice Cream Fluid Skim Milk	2 cup 1 cup ½ cup ½ cup ½ cup 8 oz	Fresh Banana 1 whole Fluid Skim Milk 8 oz	Kcal.....2948 %Fat.....21.5 Chol..... 829 mg Protein.....6 svg TPro.....176gm CA++.....2452mg Grain.....8 svg WG.....3 svg Vit C*.....234 mg Vit A**...4745 RE Fiber.....26 gm
Wednesday	Pineapple Chunks* #Grits Sliced Ham ##Whole Wheat Bread O'Brien Potatoes Fluid Skim Milk	½ cup 1 cup 3 oz 2 slice ¾ cup 8 oz	#Turkey Submarine Sandwich* Baked Flamin' Hot Cheetos Potato Salad Crunchy Baby Carrots** LF Ranch Dip Fresh Apple Fluid Skim Milk	1 sand 2 oz ½ cup ½ cup 1 tbsp 1 whole 8 oz	Beef Shepherd Pie Garden Salad*/** LF French Dressing Fresh Orange* ##Whole Wheat Bread Fluid Skim Milk	2 svg 1 cup 1 tbsp 1 whole 2 slice 8 oz	## Graham Crackers 2, 2.5" sq Fluid Skim Milk 8 oz	Kcal.....3027 %Fat.....26.7 Chol..... 221 mg Protein.....5 svg TPro.....153 gm CA++.....2094mg Grain.....9 svg WG.....5 svg Vit C*.....181 mg Vit A**...4736 RE Fiber.....39 gm
Thursday	Mandarin Oranges* ## WG Cold Cereal Quiche Fluid Skim Milk	1 whole 1 ½ cup 2 svg 16 oz	#Bean & Cheese Burrito*** #Spanish Rice Mixed Green Salad LF French Dressing Sliced Peaches Fluid Skim Milk	2 ea ½ cup 1 cup 1 tbsp ½ cup 8 oz	BBQ Chicken Oven Baked Potato* Baked Beans*** Spinach** Mixed Green Salad LF Italian Dressing ##Whole Wheat Bread Fluid Skim Milk	2 pc ½ pot 1 cup ½ cup 1 cup 1 tbsp 2 slice 8 oz	Fresh Apple 1 whole	Kcal.....3021 %Fat.....21.6 Chol.....578 mg Protein.....3 svg TPro.....164 gm CA++.....2328mg Grain.....8 svg WG.....4 svg Vit C*.....99 mg Vit A**...2533 RE Fiber.....59 gm
Friday	Fresh Banana #Cinnamon Roll Turkey Sausage Patty #Cream of Wheat Fluid Skim Milk Sugar Spread	1 whole 1 ea 2 ea 1 cup 8 oz 1 tsp 1 tsp	##Chicken Salad Sand Baked! BBQ Chips Vegetable Soup*/** Fresh Orange* Garden Salad*/** LF Italian Dressing Fluid Skim Milk Shortbread Cookies	1 sand 2 oz 1 cup 1 whole 1 cup 1 tbsp 8 oz 2 ea	Beef Stew** ##Cornbread Apricots** Mixed Green Salad LF French Dressing Fluid Skim Milk	2 cup 2 svg ½ cup 1 cup 1 tbsp 8 oz	## WG Cold Cereal ¾ cup Fluid Skim Milk 8 oz	Kcal.....2934 %Fat.....22.6 Chol..... 333 mg Protein.....5 svg TPro.....154 gm CA++.....1896mg Grain.....8.svg WG.....5 svg Vit C*.....147 mg Vit A**...4898 RE Fiber.....35 gm
Saturday	Fresh Orange* ##WG Cold Cereal Cheese Omelet Salsa* ##Whole Wheat Tortillas Fluid Skim Milk	1 whole 1 ½ cup 1 each ½ cup 1 ea 16 oz	Hamburger on ##Whole Wheat Bun w/ Lettuce and Tomatoes* Pickle Baked Beans*** #Macaroni Salad Fresh Watermelon* Fluid Skim Milk Lite Mayo Catsup/Mustard	1 ea 1 ea ½ cup 1 spear 1 cup ½ cup 1 cup 8 oz 1 tsp 1 T ea	Chicken Stir-Fry w/ Carrots & Broccoli**/* #Steamed Rice Veggie Egg Roll LS Soy Sauce Fresh Apple Fluid Skim Milk	2 cup 1½cup 1 ea 1 tbsp 1 whole 8 oz	## Granola Bar 1 bar	Kcal.....3007 %Fat.....24.9 Chol..... 555 mg Protein.....5 svg TPro.....160.gm CA++....2045 mg Grain.....11 svg WG.....6 svg Vit C*.....192 mg Vit A**...7551 RE Fiber.....47gm

*Vitamin C **Vitamin A ***Legume #Bread/Grain ## (WG) Whole Grain

Weekly Totals: **BREADS** @ Lunch (NSLP) = 20 **LEGUMES** = 4

Menu Subject to Change

Cycle 1 (4.0) RFP

Approved for Contracted meals - Included in RFP packet.

STANDARD MENU

CYCLE 2 (4.0)

MENU

Date:_____

DAY	BREAKFAST	Svg	LUNCH	Svg	DINNER	Svg	HS SNACK	Daily Totals
Sunday	Sliced Peaches ## Oatmeal Sugar Turkey Sausage Links Hash Browns ##Whole Wheat Bread Fluid Skim Milk	½ cup 1 cup 1 tsp 2 ea ¾ cup 2 slice 8 oz	##Beef Tacos w/ Lettuce/Tomato*/Cheese Refried Beans*** #Spanish Rice Salsa* Apricot Halves** Fluid Skim Milk	2 ea 1 cup 1 cup ½ cup ½ cup 8 oz	Oven Fried Chicken Baked Potato* Steamed Carrots** Spring Green Salad** LF Italian Dressing ##WW Dinner Roll Fluid Skim Milk Spread	2 pc 1 whole ½ cup 1 cup 1 tbsp 2 roll 8 oz 1 tsp	Fresh Apple 1 whole Fluid Skim Milk 8 oz	Kcal.....3065 %Fat.....30.8 Chol..... .307 mg Protein.....5 svg TPro.....180 gm CA++.....2221mg Grain.....10svg WG.....8svg Vit C*.....78mg Vit A**...2772 RE Fiber.....48 gm
Monday	Orange Juice* Scrambled Eggs ##Whole Wheat Pancakes ##WG Cold Cereal Fluid Skim Milk Lite Syrup	8 oz ½ cup 3, 4" ea ¾ cup 16 oz 2 tbsp	##Pizza Burger on a Roll Minestrone Soup***/** Garden Salad*/** LF Italian Dressing Cantaloupe** Fluid Skim Milk	2 svg 1 cup 1 cup 1 tbsp 1 cup 8 oz	Meat Loaf w/ Tomato Sce* #Steamed Rice Mixed Vegetables*/** Mixed Green Salad LF French Dressing ##Whole Wheat Bread Brownie Fluid Skim Milk Spread	2 svg 1 cup ½ cup 1 cup 1 tbsp 2 slice 1 svg 8 oz 1 tsp	Fresh Orange* 1 whole	Kcal.....2909 %Fat.....25.7 Chol.....779 mg Protein.....5 svg TPro.....161 gm CA++....2489 mg Grain.....10 svg WG.....8 svg Vit C*.....260 mg Vit A**...3936 RE Fiber.....34 gm
Tuesday	Fresh Banana ##Raisin Bran Cereal Sliced Ham #Biscuit Fluid Skim Milk Jelly	1 whole 1 ½ cup 3 oz 2 ea 8 oz 2 tbsp	Turkey Hot Dog on ##Whole Grain Bun Baked Beans*** Coleslaw* Oven Baked Potato* Sliced Peaches Fluid Skim Milk Catsup/Mustard	2 ea 2 ea 1 cup ½ cup ½ pot ½ cup 8 oz 1 tbsp	Baked Cajun Chicken #Fried Rice Garden Salad*/** LF Ranch Dressing Apricot Halves** ##Whole Wheat Bread Fluid Skim Milk	2 svg 1 cup 1 cup 1 tbsp ½ cup 2 slice 8 oz	## WG Cold Cereal ¾ cup Fluid Skim Milk 8 oz	Kcal.....3036 %Fat.....21.6 Chol..... 383 mg Protein.....5 svg TPro.....146 gm CA++....1883 mg Grain.....13 svg WG.....7 svg Vit C*.....101mg Vit A**...2976 RE Fiber.....47 gm
Wednesday	Fresh Orange* #Cream of Wheat Sugar Cheese Omelet Bacon ##Whole Wheat Bread Fluid Skim Milk	1 whole 1 cup 1 tsp 1 ea 2 slice 2 slice 8 oz	##Nachos & Ground Beef Pinto Beans*** Salsa* Garden Salad*/** LF Italian Dressing Pear Halves Fluid Skim Milk	2 svgs 1 cup ½ cup 1 cup 1 tbsp ½ cup 8 oz	Roast Beef w/ Gravy Scalloped Potatoes Spinach Salad** LF French Dressing Fresh Apple ##WW Dinner Roll Fluid Skim Milk	3 oz ¼ cup 1 cup 2 cup 2 tbsp 1 whole 2 roll 8 oz	Fresh Banana 1 whole Fluid Skim Milk 8 oz	Kcal.....2977 %Fat.....24.6 Chol.....636 mg Protein.....4 svg TPro.....176 gm CA++....2582 mg Grain.....8 svg WG.....5 svg Vit C*.....136 mg Vit A**...2935 RE Fiber.....52 gm
Thursday	Pineapple Chunks* ##WG Cold Cereal ##Bran Toaster Muffin Turkey Sausage Patty Tater Tots Fluid Skim Milk	½ cup ¾ cup 2 ea 1 ea 1 cup 16 oz	Cheeseburger on ##Whole Wheat Bun Catsup/Mustard Lettuce & Tomatoes* Potato Salad Fresh Watermelon* Yellow Cake w/ Whipped Topping Fluid Skim Milk	1 sand 3 tbsp ½ cup ½ cup 1 cup 1 svg 2 tbsp 8 oz	#Chili Mac w/ Ground Turkey Steamed Spinach** Fruit Cocktail* ##Whole Wheat Bread Fluid Skim Milk	2 cups ½ cup ½ cup 2 slice 8 oz	Fresh Pear 1 whole	Kcal.....2934 %Fat.....26.7 Chol..... 338 mg Protein.....3 svg TPro.....152 gm CA++...2105 mg Grain.....9 svg WG.....7 svg Vit C*.....110 mg Vit A**...2111 RE Fiber.....37 gm
Friday	Orange Juice* #Grits Breakfast Sandwich Non-Fat Yogurt ##Granola Fluid Skim Milk	8 oz 1 cup 1 ea 6 oz ¼ cup 8 oz	#Chicken Quesadilla Salsa* Bean Soup*** ##WG Saltine Crackers Garden Salad*/** LF French Dressing Fresh Apple Fluid Skim Milk	1 pc ½ cup 1 cup 6 sq 1 cup 1 tbsp 1 whole 8 oz	Pork Chop Suey #Steamed Rice Steamed Carrots** ##Whole Wheat Bread Pineapple Chunks* Fluid Skim Milk	1½cup 1 cup ½ cup 2 slice ½ cup 8 oz	##WG Cold Cereal ¾ cup Fluid Skim Milk 8 oz	Kcal.....3058 %Fat.....20 Chol..... 433 mg Protein.....3 svg TPro.....169 gm CA++....2955 mg Grain.....13 svg WG.....5 svg Vit C*.....137mg Vit A**...3735 RE Fiber.....39 gm
Saturday	Fresh Banana ##WG Cold Cereal Turkey Sausage Links #Waffles Fluid Skim Milk Lite Syrup	1 whole 1 ½ cup 2 ea 3 ea 16 oz 2 tbsp	Vegetable Soup*/** #Submarine Sandwich* Baked! Chips Original Fresh Orange* Sugar-Free Pudding Fluid Skim Milk	1 cup 1 sand 2 oz 1 whole 1 cont. 8 oz	Baked Chicken Scandia ##Brown Rice Pilaf Spring Green Salad LF French Dressing Apricot Halves** ##WW Dinner Roll Fluid Skim Milk	2 svg ½ cup 1 cup 1 tbsp ½ cup 1 roll 8 oz	Fresh Apple 1 Whole	Kcal.....2980 %Fat.....26 Chol..... 444 mg Protein.....6 svg TPro.....366 gm CA++....2590 mg Grain.....9 svg WG.....4 svg Vit C*.....193 mg Vit A**...1943 RE Fiber.....29 gm

*Vitamin C **Vitamin A ***Legume #Bread/Grain ## (WG) Whole Grain

Weekly Totals: **BREADS** @ Lunch (NSLP) = 18 **LEGUMES** = 4

Menu Subject to Change

STANDARD MENU

CYCLE 3 (4.0)

MENU

Date:_____

DAY	BREAKFAST	Svg	LUNCH	Svg	DINNER	Svg	HS SNACK	Daily Totals
Sunday	Fresh Orange* ##Oatmeal Sugar Scrambled Egg Hash Browns ##Whole Wheat Toast Fluid Skim Milk Jelly	1 whole 1 cup 1 tsp ½ cup ¾ cup 2 slice 8 oz 2 tbsp	Turkey Hot Dog on ##Whole Wheat Bun Catsup/Mustard Baked Beans*** Coleslaw* Cantaloupe** Fluid Skim Milk	2, 2oz 2 ea 1 T ea 1 cup ½ cup 1 cup 8 oz	#Spaghetti w/ Meat Sauce #Garlic Bread Mixed Green Salad LF Italian Dressing Sliced Peaches Fluid Skim Milk Coconut Pudding	1½cup 1 pc 1 cup 1 tbsp ½ cup 8 oz 1 cup	## Granola Bar 1 bar	Kcal.....2990 %Fat.....27.5 Chol..... 73 mg Protein.....4.5 svg TPro.....144 gm CA++.....1921mg Grain.....12 svg WG.....9 svg Vit C*.....159 mg Vit A**...1561 mg Fiber.....42 gm
Monday	Pineapple Chunks* ##WG Cold Cereal Turkey Sausage Patty ##WG Bagel Fluid Skim Milk LF Cream Cheese Jelly	½ cup 1 ½ cup 1 ea 1 ea 16 oz 1 tbsp 1 tbsp	Breaded Chicken Sand on ##Whole Wheat Bun Lettuce & Tomatoes* Catsup/Mustard Baked Potato* Spinach Salad** LF 1000 Island Dressing Pear Halves Fluid Skim Milk Spread	1 ea 1 ea ½ cup 2 tbsp 1 ea 1 cup 1 tbsp ½ cup 8 oz 1 tsp	Porcupine Meatballs w/ Tomato Sauce* ##Brown Rice Pilaf Cauliflower* Garden Salad*/** LF French Dressing ##Whole Wheat Bread Fluid Skim Milk Cherry Crisp	2, 6 oz 1 cup ½ cup 1 cup 1 tbsp 2 slice 8 oz 1 svg	Fresh Apple 1 whole	Kcal.....3054 %Fat.....20.5 Chol..... 350 mg Protein.....4 svg TPro.....148 gm CA++....1609 mg Grain.....10 svg WG.....10 svg Vit C*.....206 mg Vit A**...2639 mg Fiber.....38 gm
Tuesday	Orange Juice* #Cream of Wheat #French Toast Turkey Sausage Links Fluid Skim Milk Lite Syrup Spread	8 oz 1 cup 2 slice 2 links 8 oz 2 tbsp 1 tsp	Roasted Turkey on ##WG Bagel Bean Soup*** Baked BBQ Chips Garden Salad */** LF Ranch Dressing Fresh Watermelon* Fluid Skim Milk	1 sand 1 cup 2 oz 1 cup 1 tbsp 1 cup 8 oz	Pork Chops Baked Whole Sweet Potato** Green Beans Applesauce* ##WW Dinner Roll Spread Fluid Skim Milk #Spice Cake	4 oz 1 whole ½ cup ½ cup 2 roll 1 tsp 8 oz 1 svg	##WG Cold Cereal ¾ cup Fluid Skim Milk 8 oz	Kcal.....3062 %Fat.....23 Chol..... .341 mg Protein.....5 svg TPro.....152 gm CA++....2101 mg Grain.....9 svg WG.....5 svg Vit C*.....152 mg Vit A**...4909 mg Fiber.....34 gm
Wednesday	Fresh Banana ##WG Cold Cereal Sliced Ham ##Whole Wheat Toast Hash Browns Fluid Skim Milk	1 whole 1 ½ cup 3 oz 1 slice ¾ cup 16 oz	BBQ Beef on ##Whole Wheat Bun Baked Beans*** Oven Crinkle Potatoes Steamed Broccoli**/* Mandarin Oranges* Fluid Skim Milk	1 ea 1 ea 1 cup 1 cup ½ cup ½ cup 8 oz	Chicken Fajitas w/ ##Whole Wheat Tortillas Salsa* Lite Sour Cream Vegetable Soup*/** ##WW Saltine Crackers Garden Salad*/** LF Italian Dressing Sliced Peaches Fluid Skim Milk	2 svg ¼ cup 1 tbsp 1 cup 6 sq 1 cup 1 tbsp ½ cup 8 oz	## Graham Crackers 4, 2.5" sq	Kcal.....2923 %Fat.....19.8 Chol..... 204 mg Protein.....4 svg TPro.....151 gm CA++....1757 mg Grain.....9 svg WG.....9 svg Vit C*.....174 mg Vit A**...2972 mg Fiber.....43 gm
Thursday	Fresh Orange* #Grits Scrambled Eggs Bacon ##whole Wheat Toast Fluid Skim Milk	1 whole 1 cup ½ cup 2 slice 2 slice 8 oz	#Pork Burrito #Spanish Rice Salsa* Apricot Halves** Garden Salad*/** LF French Dressing Fluid Skim Milk	2 ea 1 cup ½ cup ½ cup 1 cup 1 tbsp 8 oz	Country Fried Steak Scalloped Potatoes Whole Kernel Corn Fruit Salad*/** ##Whole Wheat Bread Fluid Skim Milk	2 svg 1 cup ½ cup ½ cup 2 slice 8 oz	## Granola Bar 1 bar Fluid Skim Milk 8 oz	Kcal.....2945 %Fat.....27 Chol.....664 mg Protein.....5 svg TPro.....167 gm CA++....2340 mg Grain.....11 svg WG.....5 svg Vit C*.....141 mg Vit A**...2747 mg Fiber.....33 gm
Friday	Sliced Peaches ##WG Cold Cereal ##Whole Wheat Pancakes Turkey Sausage Patty Fluid Skim Milk Lite Syrup	½ cup ¾ cup 3, 4" ea 2 ea 16 oz 2 tbsp	Turkey Polish Sausage Ranch Style Beans*** #Mac N Cheese Cucumber/Tomato Salad* ##Whole Wheat Bread Fresh Apple Fluid Skim Milk	4 oz 1 cup ½ cup 1 cup 2 slice 1 whole 8 oz	#Lasagna w/ Beef #Soft Bread Stick Spinach** Pineapple Chunks* Fluid Skim Milk	2 svg 2 stick ½ cup ½ cup 8 oz	Fresh Banana 1 whole	Kcal.....2848 %Fat.....22.6 Chol..... 363 mg Protein.....5 svg TPro.....171 gm CA++....3064 mg Grain.....11svg WG.....6 svg Vit C*.....90 mg Vit A**...2067 mg Fiber.....40 gm
Saturday	Orange Juice* ##WG Cold Cereal #Banana Bread Squares Cheese Omelet Fluid Skim Milk	8 oz ¾ cup 2 ea 1 ea 16 oz	#Pizza w/ Ground Beef Garden Salad*/** LF Ranch Dressing Minestrone Soup*/** ##WG Saltine Crackers Fruit Salad* Fluid Skim Milk	2 ea 1 cup 1 tbsp 1 cup 6 sq ½ cup 8 oz	Honey Lemon Chicken Lyonnaise Potatoes Carrots** Pear Halves ##Cornbread Fluid Skim Milk Vanilla Ice Cream	2 svg ½ cup ½ cup ½ cup 2 svg 8 oz ½ cup	## Graham Crackers 4, 2.5" sq	Kcal.....2968 %Fat.....25 Chol..... .....656 Protein.....5 svg TPro.....144 gm CA++....2262 mg Grain.....9 svg WG.....5 svg Vit C*.....159 mg Vit A**...4299 mg Fiber.....28 gm

*Vitamin C **Vitamin A ***Legume #Bread/Grain ## (WG) Whole Grain

Weekly Totals: **BREADS** @ Lunch (NSLP) = 17 **LEGUMES** = 3.5

Menu Subject to Change

STANDARD MENU

CYCLE 4 (4.0)

MENU

Date:_____

DAY	BREAKFAST	Svg	LUNCH	Svg	DINNER	Svg	HS SNACK	Daily Totals
Sunday	Fresh Banana ##WG Cold Cereal ##Breakfast Sandwich Non-Fat Yogurt Fluid Skim Milk	1 whole 1½ cup 1 ea 6 oz 16 oz	Vegetable Soup*/** ##WW Saltine Crackers #Cold Cut Combo Sub* Baked! BBQ Chips Fresh Orange* Fluid Skim Milk	1 cup 6 sq 1 ea 2 oz 1 whole 8 oz	#Chicken Tomato* Bake Broccoli*/** Spring Green Salad */** LF Italian Dressing ##Whole Wheat Bread Fluid Skim Milk Pineapple Upside Dwn Cake	2 svg ½ cup 1 cup 1 tbsp 2 slice 8 oz 1 svg	Fresh Apple 1 whole	Kcal.....3074 %Fat.....24 Chol..... 463 mg Protein.....5 svg TPro.....150 gm CA++....2963 mg Grain.....10 svg WG.....6 svg Vit C*.....189 mg Vit A**...1955 RE Fiber.....38 gm
Monday	Pineapple Chunks* ##Oatmeal #Pumpkin Muffin Hash Browns Fluid Skim Milk Sugar Spread	½ cup 1 cup 2 ea 1 cup 8 oz 1 tsp 1 tsp	Teriyaki Chicken Bowl w/ Broccoli & Carrots*/** & ##Steamed Brown Rice Fresh Apple Fluid Skim Milk Royal Brownie	1 bowl (¾cup) (1½ cup) 1 whole 8oz 1 svg	Roast Beef w/ Beef Gravy Mashed Potatoes Mixed Vegetables** Mixed Green Salad LF Italian Dressing Sliced Peaches ##WW Dinner Roll Fluid Skim Milk	4 oz ¼ cup 1 cup ½ cup 1 cup 1 tbsp ½ cup 1 roll 8 oz	##WG Cold Cereal ¾ cup Fluid Skim Milk 8 oz	Kcal.....2924 %Fat.....24.1 Chol..... 218 mg Protein...3.5 svg TPro.....134 gm CA++....1700 mg Grain.....9 svg WG.....7 svg Vit C*.....111 mg Vit A**...2661 RE Fiber.....44 gm
Tuesday	Applesauce* ##Whole Wheat Pancakes Hash Browns Sliced Ham Fluid Skim Milk Spread LIte Syrup	½ cup 3, 4" ea ¾ cup 3 oz 8 oz 1 tbsp 2 tbsp	Nachos & Ground Beef Pintos Beans*** Salsa* #Spanish Rice Garden Salad*/** LF French Dressing ##Whole Wheat Tortilla Apricot Halves** Fluid Skim Milk	1 svg 1 cup ¼ cup ½ cup 1 cup 1 tbsp 1 ea ½ cup 8 oz	Baked Chicken Parslied Potatoes Carrots** Cucumber & Tomato Salad* ##Whole Wheat Bread Fluid Skim Milk	4 oz 1 cup ½ cup ½ cup 2 slice 8 oz	## Graham Crackers 4, 2.5"sq Fluid Skim Milk 8 oz	Kcal.....2981 %Fat.....29.6 Chol..... 269 mg Protein.....4 svg TPro.....140 gm CA++....2106 mg Grain.....10 svg WG.....8 svg Vit C*.....141 mg Vit A**...3656 RE Fiber.....52 gm
Wednesday	Orange Juice* #Grits #Waffles Turkey Sausage Patty Fluid Skim Milk LIte Syrup	8 oz 1 cup 3 ea 2 ea 8 oz 2 tbsp	Chicken Strips w/ LF Ranch Dip Baked Potato* w/ Melted LF Cheddar Cheese ##Whole Wheat Bread Spinach Salad** LF Italian Dressing Pear Halves Fluid Skim Milk	6 strip 2 tbsp 1 whole 2 tbsp 2 slice 1 cup 1 tbsp ½ cup 8 oz	Salisbury Steak w/ Gravy ##Brown Rice Pilaf Green Beans Fruit Salad*/** ##Whole Wheat Bread Fluid Skim Milk	2 svg 1 cup ½ cup ½ cup 1 slice 8 oz	Fresh Banana 1 whole Fluid Skim Milk 8 oz	Kcal.....2981 %Fat.....21 Chol..... 345 mg Protein.....5 svg TPro.....166 gm CA++....2003 mg Grain.....10 svg WG.....5 svg Vit C*.....126 mg Vit A**...1411 RE Fiber.....38 mg
Thursday	Fresh Orange* ##WG Cold Cereal Cheese Omelet ##Whole Wheat Toast Fluid Skim Milk Spread	1 whole 1 ½ cup 1 ea 2 slice 16 oz 1 tsp	Hamburger on ##Whole Wheat Bun Lettuce & Tomatoes* Catsup LF Mayo Baked! Original Chips Baked Beans*** Coleslaw* Cantaloupe** Fluid Skim Milk	1 ea ½ cup 1 tbsp 1 tsp 2 oz 1 cup ½ cup 1 cup 8 oz	Turkey Chop Suey #Chow Mein Noodles #Fried Rice Veggie Egg Roll Broccoli Fresh Apple Fluid Skim Milk	1½ cup 1 cup ¾ cup 1 ea ½ cup 1 wh 8 oz	## Granola Bar 1 bar	Kcal.....3015 %Fat.....26 Chol..... 637 mg Protein.....3 svg TPro.....156 gm CA++....2011 mg Grain.....10.5 svg WG.....7 svg Vit C*.....284 mg Vit A**....2322RE Fiber.....44gm
Friday	Sliced Peaches #Cream of Wheat Scrambled Eggs Bacon ##Whole Wheat Toast Fluid Skim Milk Sugar Spread	½ cup 1 cup ½ cup 2 strips 2 slice 8 oz 1 tsp 1 tsp	Roast Beef & LF Cheddar Cheese on ##Whole Wheat Bread Mustard/LF Mayo Lettuce & Tomatoes* Dill Pickle Spear Bean Soup*** ##WW Saltine Crackers Potato salad Mandarin Oranges* Fluid Skim Milk	3 oz 2 oz 2 slice 1T/1t ½ cup 1 ea 1 cup 6 sq 1 cup ½ cup 8 oz	Baked Cajun Chicken Sweet Potatoes** Ranch Style Beans*** Garden Salad*/** LF French Dressing Fresh Orange* ##WW Dinner Roll Fluid Skim Milk Cherry Cake	2 svg ½ cup ½ cup 1 cup 1 tbsp 1 wh 1 roll 8 oz 1 svg	##WG Cold Cereal ¾ cup Fluid Skim Milk 8 oz	Kcal.....2957 %Fat.....23 Chol..... 682 mg Protein.....4 svg TPro.....172 gm CA++....2117 mg Grain.....9 svg WG.....7 svg Vit C*.....154 mg Vit A**...342 9RE Fiber.....43 gm
Saturday	Orange Juice* ##WG Cold Cereal Breakfast Burrito Fluid Skim Milk Salsa*	8 oz 1 ½ cup 2 ea 16 oz ¼ cup	Pizzaburger on a Roll Minestrone Soup***/** ##WW Saltine Crackers Garden Salad*/** LF Italian Dressing Watermelon* Fluid Skim Milk	2 svg 1 cup 6 sq 1 cup 1 tbsp ½ cup 8 oz	Turkey a la King Steamed Rice Orange Glazed Carrots** Pineapple Chunks* ##Whole Wheat Bread Fluid Skim Milk	1½ cup 1 cup ½ cup ½ cup 1 slice 8 oz	Fresh Apple 1 whole	Kcal.....2980 %Fat.....21.7 Chol..... 562 mg Protein.....3 svg TPro.....155 gm CA++....2407 mg Grain.....11 svg WG.....4 svg Vit C*.....205 mg Vit A**...5261 RE Fiber.....35 gm

*Vitamin C **Vitamin A ***Legume #Bread/Grain ## (WG) Whole Grain

Weekly Totals: **BREADS** @ Lunch (NSLP) = 22 **LEGUMES** = 3

Menu Subject to Change

STANDARD MENU

CYCLE 5 (4.0)

MENU

Date:_____

DAY	BREAKFAST	Svg	LUNCH	Svg	DINNER	Svg	HS SNACK	Daily Totals
Sunday	Apricot Halves** ##Oatmeal Scrambled Eggs Hash Browns ##Whole Wheat Toast Fluid Skim Milk Jelly	½ cup 1 cup ½ cup ¾ cup 3 slice 8 oz 2 tbsp	##Grilled Chicken Pita* Baked Potato* Coleslaw* Fresh Apple Fluid Skim Milk Spread	2 ea 1 wh ½ cup 1 wh 8 oz 1 tsp	Ground Beef & ##Spanish Rice ##Whole Wheat Tortillas Pear Halves Zucchini Squash* Fluid Skim Milk Applesauce Cake	1½ cup 1 ea ½ cup ½ cup 8 oz 1 svg	## Muffin Squares 1 sq Fluid Skim Milk 8 oz	Kcal.....3012 %Fat.....26 Chol..... 670 mg Protein.....5 svg TPro.....152 gm CA++..2012 mg Grain.....11 svg WG.....10 svg Vit C*.....98 mg Vit A**...1407 RE Fiber.....41 gm
Monday	Fresh Orange* ##WG Cold Cereal Turkey Sausage Patty ##WG Bagel Fluid Skim Milk LF Cream Cheese Jelly	1 whole 1 ½ cup 1 ea 1 ea 8 oz 1 tbsp 2 tbsp	##Chicken Parmesan Sand Spring Green Salad** LF Italian Dressing Fresh Grapes* Fluid Skim Milk	2 ea 1 cup 1 tbsp ½ cup 8 oz	Country Fried Steak Au Gratin Potatoes Herbed Broccoli/Cauliflower* Cantaloupe/Honeydew Melon Mix**/* ##Whole Wheat Dinner Roll Fluid Skim Milk	2 svg 1 cup ½ cup 1 cup 1 roll 8 oz	Fresh Banana 1 whole Fluid Skim Milk 8 oz	Kcal.....3087 %Fat.....26 Chol..... 295 mg Protein.....6 svg TPro.....173 gm CA++....2651 mg Grain.....9 svg WG.....9 svg Vit C*.....184 mg Vit A**...1460 RE Fiber.....28 gm
Tuesday	Orange Juice* #Cream of Wheat ## WG French Toast Bacon Fluid Skim Milk Syrup	8 oz 1 cup 3 slice 2 slice 8 oz 2 tbsp	#Beef Burrito*** Pinto Beans*** Cucumber/Tomato Salad* Fresh Apple Fluid Skim Milk	2 ea 1 cup 1 cup 1 wh 8 oz	#Turkey Pot Pie Garden Salad*/** LF French Dressing Sliced Peaches ##Cornbread Fluid Skim Milk	1½cups 2 cup 2 tbsp ½ cup 1 svg 8 oz	Sugar Free/NF Chocolate Pudding 1 cup	Kcal.....3021 %Fat.....25.6 Chol..... 354 mg Protein.....3 svg TPro.....150 gm CA++....2009 mg Grain.....9 svg WG.....4 svg Vit C*.....176 mg Vit A**...4432 RE Fiber.....43 gm
Wednesday	Fresh Banana ##WG Cold Cereal Sliced Ham ##Whole Wheat Toast Hash Browns Fluid Skim Milk	1 whole 1 ½ cup 3 oz 2 slice ¾ cup 16 oz	Chicken Stir-Fry w/ Carrots** #Steamed Rice #Chow Mien Noodles Fresh Orange* ##Whole Wheat Bread Fluid Skim Milk	1½ cup 1 cup 1 cup 1 wh 2 slice 8 oz	#Spaghetti & Meat Sauce #Soft Bread Stick Spring Green Salad*/** LF Italian Dressing Fruit Cocktail Fluid Skim Milk Vanilla Ice Cream	1½ cup 1 ea 1 cup 1 tbsp ½ cup 8 oz ½ cup	## Granola Bar 1 bar	Kcal.....2979 %Fat.....26 Chol..... 371 mg Protein.....4 svg TPro.....156 gm CA++....1717 mg Grain.....11 svg WG.....7 svg Vit C*.....148 mg Vit A**...5821 RE Fiber.....34 gm
Thursday	Applesauce* ##Oatmeal Turkey Sausage Links #Muffin Squares Fluid Skim Milk Sugar Spread	½ cup 1 cup 2 links 2 sq 16 oz 1 tsp 1 tsp	Turkey Hot Dog on ##Whole Wheat Bun Baked Beans*** Coleslaw* Baked Potato* Pear Halves Fluid Skim Milk Catsup/Mustard	2 ea 2 ea 1 cup ½ cup 1 ea ½ cup 8 oz 1 T ea	Pork Rib Patty ##Brown Rice Pilaf Steamed Spinach** Pineapple Chunks* ##WW Dinner Roll Fluid Skim Milk	2 ea 1 cup ½ cup ½ cup 2 ea 8 oz	Fresh Banana 1 whole	Kcal.....2816 %Fat.....26 Chol..... 276 mg Protein.....5 svg TPro.....139 gm CA++....2069 mg Grain.....12 svg WG.....10 svg Vit C*.....79 mg Vit A**...1519 mg Fiber.....43 gm
Friday	Slice Peaches ##WG Cold Cereal ##Whole Grain Pancakes Scrambled Eggs Fluid Skim Milk Lite Syrup	½ cup 1 ½ cup 3 ea ½ cup 16 oz 2 tbsp	Chicken Salad on ##Whole Wheat Bread Baked Flamin' Hot Cheetos Bean Soup*** ##WW Saltine Crackers Spinach Salad** LF French Dressing Fresh Orange* Fluid Skim Milk	½ cup 2 slice 2 oz 1 cup 6 sq 1 cup 1 tbsp 1 wh 8 oz	Ground Beef Stroganoff w/ #Egg Noodles #Biscuit Garden Salad*/** Watermelon* Fluid Skim Milk	1½ cup 1 cup 1 ea 1 cup 1 cup 8 oz	Fresh Apple 1 whole	Kcal.....3031 %Fat.....27 Chol..... 766 mg Protein.....3 svg TPro.....151 gm CA++.....2424mg Grain.....11 svg WG.....8 svg Vit C*.....136 mg Vit A**...2775 RE Fiber.....34 gm
Saturday	Mandarin Oranges* #Grits #Banana Bread Squares Cheese Omelet Fluid Skim Milk	½ cup 1 cup 2 ea 1 ea 8 oz	##Beef Tacos w/ Lettuce/Tomato/Cheese* Refried Beans*** #Spanish Rice Salsa* Baby Carrots** w/ Creamy Veggie Dip Fresh Apple Fluid Skim Milk	2 ea 1 cup ½ cup ½ cup ½ cup 2 tbsp 1 wh 8 oz	Roasted Turkey w/ Gravy Baked Sweet Potato** #Macaroni & Cheese Broccoli Salad* ##Whole Wheat Bread Fluid Skim Milk	3 oz ¼ cup 1 wh ½ cup ½ cup 2 slice 8 oz	##WG Cold Cereal ¾ cup Fluid Skim Milk 8 oz	Kcal.....2997 %Fat.....24.7 Chol..... 587 mg Protein.....4 svg TPro.....156 gm CA++....2703 mg Grain.....11 svg WG.....5 svg Vit C*.....127 mg Vit A**...5685 RE Fiber.....38 gm

*Vitamin C **Vitamin A ***Legume #Bread/Grain ## (WG) Whole Grain

Weekly Totals: **BREADS** @ Lunch (NSLP) = 22 **LEGUMES** = 4 Menu Subject to Change

STANDARD MENU

CYCLE 1 (2.0)
Halls
MENU

Date:_____

DAY	BREAKFAST	Svg	LUNCH	Svg	DINNER	Svg	HS SNACK	Daily Title 15
Sunday	Apricot Halves** ##WG Cold Cereal Ham Steak ##Whole Grain Toast Spread Fluid Skim Milk	½ cup 2 box 2 oz 1 slice 1 tsp 16 oz	Cream of Tomato Soup* #Crackers ##Toasted Cheese Sand 3 Bean Salad*** Oven Baked Potato Fluid Skim Milk Spread	1 cup 2 pkg 1 sand 1 cup ½ pot 8 oz 1 tsp	Chicken Tetrazzini Broccoli*/** Mixed Green Salad LF French Dressing Fruit Cup ## Wheat Bread Spread Fluid Skim Milk	2 svg ½ cup 1 cup 1 tbsp ½ cup 2 slice 2 tsp 8 oz	Sweet Potato Pie** 1 svg	Pro.....4 Dairy.....4 Veggie/ Fruit.....7 Grain.....10 WG.....8 Vit C*.....1.5 Vit A**.....2
Monday	Fresh Orange* Scrambled Eggs ##Oatmeal ##Whole Grain Toast Hash Brown Potatoes Fluid Skim Milk Spread	1 wh ¼ cup 1 cup 2 slice 1 cup 8 oz 2 tsp	Sloppy Joe Sandwich on ##Whole Grain Bun Corn Lettuce & Tomato* Salad LF Ranch Dressing Orange Pineapple Gelatin Fluid Skim Milk	2 2 ½ cup 1 cup 1 tbsp 1 Svg 8 oz	Roast Turkey w/ Stuffing Mashed Potatoes w/ Gravy Peas and Carrots** Apple Salad ##Cornbread Fluid Skim Milk	3 oz 1 svg ½ cup ¼ cup ½ cup ½ cup 1 pc 8oz	# Pumpkin Cake 1 svg Fluid Skim Milk 8 oz	Pro.....4 Dairy.....4 Veggie/ Fruit.....6 Grain.....11 WG.....10 Vit C*.....2 Vit A**.....1
Tuesday	Tomato Juice* ##WG Cold Cereal Turkey Sausage Link #Pancakes Fluid Skim Milk Syrup Spread	½ cup 1 box 2 links 3 ea 8 oz 2 tbsp 2 tsp	#Chicken and Noodles Carrots** Mixed Green Salad LF Italian Dressing ##Whole Grain Bread Fluid Skim Milk	1¾ cup ½ cup 1 cup 1 tbsp 1 slice 8 oz	Sweet Sour Pork #Steamed Rice Green Beans Mandarin Orange Ice Cream Fluid Skim Milk	2 cup 1 cup ½ cup ½ cup ½ cup 8 oz	Fresh Banana 1 wh Fluid Skim Milk 8 oz	Pro.....4.5 Dairy.....4 Veggie/ Fruit.....6 Grain.....12 WG.....6 Vit C*.....2 Vit A**.....1
Wednesday	Pineapple Chunks* ##Grits Sausage Patty #Bkd French Toast Strips Syrup Fluid Skim Milk	½ cup 1 cup 1 pc 2 strip 1 tbsp 8 oz	Hot Dogs on ##WG Hot Dog Bun Mustd, Catsup, Sw Relish Oven Baked Potato Baked Beans*** Mixed Green Salad LF Italian Fresh Orange* Fluid Skim Milk	2 2 ½ T ea ½ pot 1 cup 1 cup 1 tbsp 1 wh 8 oz	Beef Shepherd Pie w/ Peas & Carrots** Broccoli*/** Garden Salad LF French Dressing ##Wheat Bread Fluid Skim Milk	1 svg ½ cup 1 cup 1 tbsp 2 slice 8 oz	## Graham Crackers 2, 2.5" Sq Fluid Skim Milk 8 oz	Pro.....4 Dairy.....4 Veggie/ Fruit.....6 Grain.....10 WG.....9 Vit C*.....2 Vit A**.....1
Thursday	Fresh Orange* ##Cream of Wheat Scrambled Eggs Bacon ##Whole Grain Toast Fluid Skim Milk	1 wh 1 cup ¼ cup 2 slice 1 slice 8 oz	#Bean*** Burrito w/ Chz #Spanish Rice Lettuce & Tomatoes* Sliced Peaches Fluid Skim Milk LF French Dressing	2 ea 1 cup 1 cup ½ cup 8 oz 2 tbsp	BBQ Chicken Mashed Potatoes Spinach** Tossed Green Salad ##Whole Grain Bread Fluid Skim Milk LF Italian Dressing	2 pc ½ cup ½ cup 1 cup 1 slice 8 oz 1 tbsp	# Carrot Cake 1 svg Fluid Skim Milk 8 oz	Pro.....5 Dairy.....4 Veggie/ Fruit.....6 Grain.....12 WG.....10 Vit C*.....2 Vit A**.....1
Friday	Orange Juice* ##Oatmeal Ham Slice #Pancake Syrup Fluid Skim Milk	½ cup 1 cup 2 oz 3 ea 2 tbsp 8 oz	#Spaghetti w/ Meat Sauce Green Beans Mixed Green Salad LF Ranch Dressing Apricot Halves** ##WG Garlic Bread Fluid Skim Milk	1½ cup ½ cup 1 cup 1 tbsp ½ cup 1 pc 8 oz	Beef Stew Summer Squash Kidney Bean Salad*** Cherry Cobbler ##Cornbread Fluid Skim Milk	2 cup ½ cup 1 cup 1 Svg 1 Svg 8 oz	Fresh Banana 1 wh Fluid Skim Milk 8oz	Pro.....4 Dairy.....4 Veggie/ Fruit.....7 Grain.....8 WG.....4 Vit C*.....1 Vit A**.....1
Saturday	Fresh Banana ##WG Cold Cereal Scramble Eggs #Biscuits Jam Spread Fluid Skim Milk	1 wh 2 box ¼ cup 2 ea 1 tbsp 1 tsp 16 oz	Chicken Stir-Fry w/ Carrots** #Steamed Rice Mixed Veggies*/** Fresh Orange* Fluid Skim Milk	2 cup 1½ cup ½ cup 1 wh 8 oz	Cheeseburger on ## WG Bun Lettuce & Tomatoes* LF Mayo Mustard, Catsup Oven Fried Potatoes Sliced Peaches Fluid Skim Milk	1, 4oz 1 bun ½ cup 2 tsp 1 tbsp ¾ cup ½ cup 8 oz	# Butterscotch Brownies 1 svg	Pro.....5 Dairy.....4 Veggie/ Fruit.....6 Grain.....8 WG.....4 Vit C*.....1.5 Vit A**.....1.5

*Vitamin C **Vitamin A ***Legumes #Bread/Grain ##Whole Grain

Weekly Totals: **BREADS** @ Lunch (NSLP) = 17.5 **LEGUMES** = 3

Menu Subject to Change

Approved by: S. Sasnauskas MA, RD, CFH (rev.06.29.11)
Expires: June 30, 2012

Current Contracted Menus

STANDARD MENU

CYCLE 3 (2.0)
Halls
MENU

Date:_____

DAY	BREAKFAST	Svg	LUNCH	Svg	DINNER	Svg	HS SNACK	Daily Totals
Sunday	Raisins ## Cold Cereal ## Whole Grain Bagel Sausage Pattie Fluid Skim Milk LF Cream Cheese Jelly	¼ cup 2 box 1 bagl 1 pc 16 oz 1 tbsp 1 tbsp	#Spaghetti w/ Meat sauce* Zucchini Squash** Mixed Green Salad Mixed Fruit*/** ## WG Garlic Bread Fluid Skim Milk LF Italian Dressing	1½cup ½ cup 1 cup ½ cup 1 pc 8 oz 1 tbsp	Baked Ham w/ Fruit* Sauce Mashed Potatoes Green Beans Cabbage* Apple Salad ##Wheat Bread Fluid Skim Milk Spread	3 oz 1 oz ½ cup ½ cup ½ cup 2 slice 8 oz 2 tsp	Sweet Potato Pie** 1 svg	Pro……..3 Dairy……..4 Veggie Fruit…….6.5 Grain……..8 WG……..7 Vit C*……..1 Vit A**….1.5
Monday	Fresh Orange* ##Oatmeal Scrambled Egg Hash Brown Potatoes ##Whole Wheat Toast Fluid Skim Milk Spread	1 wh 1 cup ½ cup ¾ cup 2 slice 8 oz 1 tsp	Breaded Chicken Pattie on ## Whole Wheat Bun Lettuce & Tomatoes Broccoli*/** Spinach Salad** LF Italian Dressing Cherry Crisp Lite Mayo Mustard, Catsup Fluid Skim Milk	3oz 1 bun ½ cup ½ cup 1 cup 1 tbsp 1 svg 2 tsp 1 tbsp 8 oz	#Vegetable Lasagna #Italian Bread Mixed Green Salad Fresh Apple Fluid Skim Milk LF Italian Dressing Spread	2 svg 1 pc 1 cup 1 wh 8 oz 1 tbsp 1 tsp	# Blonde Brownie 1 pc Fluid Skim Milk 8 oz	Pro…….. 5 Dairy……..4 Veggie/ Fruit…….8 Grain……. 10 WG……..6 Vit C*……..2 Vit A**…..1.5
Tuesday	Fresh Banana ##Raisin Bran Cereal Hash Brown Potatoes Ham Slice ##Whole Wheat Toast Fluid Skim Milk Spread	1 wh 2 box ½ cup 1 oz 1 slice 16 oz 1 tsp	Vegetable Soup*/** #Saltine Crackers Turkey Club on ##WG Bagel Coleslaw* Apricot Halves** Fluid Skim Milk	1 cup 2 pkg 1 sand ½ cup ½ cup 8 oz	Chicken Fajitas w/ ##Whole Wheat Tortillas Three Bean Salad*** #Spanish Rice Lettuce & Tomato Salad* Salsa* Fluid Skim Milk	2 svgs 2 ea 1 cup ½ cup 1 cup ½ cup 8 oz	Coconut Pudding ½ cup	Pro……..4 Dairy……..5 Veggie/ Fruit…….6 Grain……..9 WG……..7 Vit C*……..2 Vit A**….1.5
Wednesday	Tomato Juice* ##Cream of Wheat #French Toast Syrup Sausage Links Fluid Skim Milk	½ cup 1 cup 3 slice 2 tbsp 2 links 8 oz	Chile con Carne w/ Beans*** #Crackers Summer Squash Mixed Green Salad LF Ranch Dressing Pineapple* ##Wheat Bread Fluid Skim Milk	1 cup 2 pkg ½ cup 1 cup 1 tbsp ½ cup 1 slice 8 oz	Baked Pork Chop Oven Brown Potato* Spinach** Lettuce & Tomato Salad* LF Italian Dressing ##Wheat Bread Spread Fluid Skim Milk	5 oz ½ pot ½ cup 1 cup 1 tbsp 2 slice 1 tsp 8 oz	Oatmeal Raisin Cookie 2 ea Fluid Skim Milk 8oz	Pro……..4 Dairy……..4 Veggie/ Fruit…….6 Grain……..9 WG……..5 Vit C*……..3 Vit A**……..1
Thursday	Fresh Orange* ##Grits Scrambled Egg Bacon ##Wheat Toast Fluid Skim Milk Spread	1 wh 1 cup ¼ cup 2 slice 2 slice 8 oz 1 tsp	#Chicken Enchiladas Refried Beans*** Peas and Carrots** Sliced Peaches ##WG Flour Tortillas LF Sour Cream Salsa* Fluid Skim Milk	2 pc 1 cup ½ cup ½ cup 1 ea 1 oz ½ cup 8 oz	#New Mac & Cheese Broccoli*/** Coleslaw* ##Wheat Bread Fluid Skim Milk Spread	2 svg ½ cup ½ cup 2 slice 8 oz 2 tsp	# Pumpkin Cake 1 sq Fluid Skim Milk 8 oz	Pro……..4 Dairy……..4 Veggie/ Fruit…….6 Grain……..12 WG……..7 Vit C*……..3.5 Vit A**…..1.5
Friday	Fresh Banana ##WG Cold Cereal Sausage Patty Hash Brown Potato ##Wheat Toast Fluid Skim Milk	1 wh 2 box 1 ea ¾ cup 2 slice 16 oz	#Pizza w/ Cheese Topping #Bread Sticks Green Beans Fresh Orange* Fluid Skim Milk	2 svg 1 stick ½ cup 1 wh 8 oz	Cheeseburger on ##Whole Grain Bun Lettuce & Tomatoes* Catsup Corn Apricot Halves** Mixed Green Salad LF 1000 Island Fluid Skim Milk	1 ea ½ cup 1 tbsp ½ cup ½ cup 1 cup 2 tbsp 8 oz	# Cherry Cake 1 Slice Fluid Skim Milk 8oz	Pro……..4 Dairy……..5 Veggie/ Fruit…….7 Grain……..10 WG……..6 Vit C*……..1.5 Vit A**……..1
Saturday	Vegetable Juice Cocktail* ##Oatmeal Sliced Ham #Pancakes Syrup Fluid Skim Milk	5.5 oz 1 cup 1 oz 3 ea 2 tbsp 8 oz	#Pork Burrito Refried Beans*** Spinach Salad** LF Ranch Fresh Apple ##Whole Grain Tortilla Salsa* Fluid Skim Milk	2 ea 1 cup 1 cup 1 tbsp 1 wh 1 ea ½ cup 8 oz	Honey Lemon Chicken #Brown Rice Pilaf Steamed Carrots** Garden Salad LF French Dressing ##Wheat Bread Fluid Skim Milk Spread	2 svg ½ cup ½ cup 1 cup 1 tbsp 1 slice 8 oz 1 tsp	# Shortbread Cookies 2 ea Fluid Skim Milk 8oz	Pro……..5 Dairy……..4 Veggie/ Fruit…….6 Grain……..10 WG……..4 Vit C*……..2 Vit A**……..2

*Vitamin C **Vitamin A ***Legume #Bread/Grain ##Whole Grain

Weekly Totals: **BREADS** @ Lunch (NSLP) = 16 **LEGUMES** = 3

Menu Subject to Change

Approved by: S. Sasnauskas MA, RD, CFH (rev.08.02.11)
Expires: June 30, 2012

STANDARD MENU

CYCLE 5 (2.0)
Halls
MENU

Date:_____

DAY	BREAKFAST	Svg	LUNCH	Svg	DINNER	Svg	HS SNACK	Daily Totals
Sunday	Applesauce* ##Oatmeal Sausage links #Muffin Squares Fluid Skim Milk	¾ cup 1 cup 2 links 2 ea 16 oz	##Submarine Sandwich w/ lettuce/tomatoes/pickles* Potato Salad Ranch Style Beans*** Fresh Watermelon** (In season) Fluid Skim Milk	1 sand ½ cup 1 cup 1 cup 8 oz	BBQ Chicken Parslied Red Potatoes Green Beans Spring Green Salad ##Wheat Bread Fluid Skim Milk LF French Dressing	2 pc 1 cup ½ cup 1 cup 2 slice 8 oz 1 tbsp	Sweet Potato Pie** 1 pc	Pro..... 4 Dairy.....4 Veggie Fruit.....6 Grain.....10 WG.....10 Vit C*.....1.5 Vit A**.....1.5
Monday	Fresh Orange* ##Cream of Wheat #Pancakes Ham Steak Fluid Skim Milk Syrup Spread	1 wh 1 cup 3 ea 1 oz 16 oz 2 oz 2 tsp	Turkey and Noodles Carrots** Cabbage, Apple, Celery Salad* Pear Halves ##Wheat Bread Fluid Skim Milk	1 cup ½ cup ½ cup ½ cup 2 slice 8 oz	Polish Sausage Baked Beans*** Lyonnaise Potatoes Coleslaw* ##Wheat Bread Fluid Skim Milk	1 ea 1 cup ½ cup ½ cup 1 slice 8 oz	Fresh Apple 1 wh	Pro.....2.5 Dairy.....4 Veggie/ Fruit.....7 Grain.....10 WG.....8 Vit C*.....2.5 Vit A**.....1
Tuesday	Tomato Juice* ##Oatmeal Scrambled Egg Hash Brown Potatoes ##Wheat Toast Fluid Skim Milk Jelly	½ cup 1 cup ¼ cup 1 cup 2 slice 8 oz 2 tbsp	#Baked Lasagna Zucchini Squash** Sliced Peaches ##Wheat Bread Fluid Skim Milk	2 svg ½ cup ½ cup 2 slice 8 oz	Corned Beef Boiled Potatoes & Cabbage* Carrots** Kidney Bean Salad*** Mixed Fruit ##Wheat Bread Fluid Skim Milk	3 oz 1 cup ½ cup ½ cup ½ cup 2 slice 8 oz	Apple Crisp 1 svg Fluid Skim Milk 8 oz	Pro.....4 Dairy.....4 Veggie/ Fruit.....6 Grain.....10 WG.....6 Vit C*.....1.5 Vit A**.....2
Wednesday	Fresh Orange* ##WG Cold Cereal Scrambled Egg Bacon ##Wheat Toast Fluid Skim Milk Spread	1 wh 2 box ¼ cup 2 strip 2 slice 16 oz 2 tsp	Chicken Cacciatore #Steamed Rice Broccoli*/** Spring Green Salad LF Italian Dressing ##Wheat Bread Fluid Skim Milk Spread	1½cup 1 cup ½ cup 1 cup 1 tbsp 2 slice 8 oz 2 tsp	Baked Ham w/ Fruit Sauce Sweet Potatoes** Cauliflower 3 Bean Salad*** ##Wheat Bread Fluid Skim Milk Spread	3 oz 1 oz ½ cup ½ cup ½ cup 2 slice 8 oz 2 tsp	Pineapple Upside Down Cake 1 pc	Pro.....3 Dairy.....4 Veggie/ Fruit.....6 Grain.....10 WG.....8 Vit C*.....2 Vit A**.....1.5
Thursday	Pineapple Chunks* ##Grits #French Toast Syrup Sliced Ham Fluid Skim Milk Spread	½ cup 1 cup 3 slice 2 tbsp 1 oz 8 oz 1 tsp	Breaded Chicken Sand on ##WG Bun Lite Mayo Catsup Oven Crinkle Potatoes Baked Beans*** Carrot Pineapple Salad** Fluid Skim Milk	1 ea 1 ea 3 tsp 1 tbsp 1 cup 1 cup ½ cup 8 oz	Roast Turkey w/ Gravy Mashed Potatoes Mixed Veggies** Coleslaw* Apricot Halves** ##Wheat Bread Fluid Skim Milk Spread	3 oz ¼ cup ½ cup ½ cup ½ cup ½ cup 1 slice 8 oz 1 tsp	## Graham Crackers 2, 2.5 sq Fluid Skim Milk 8 oz	Pro.....2 Dairy.....4 Veggie/ Fruit.....6 Grain.....9 WG.....6 Vit C*.....1 Vit A**.....2
Friday	Fresh Banana ##WG Cold Cereal Scrambled Egg Hash Brwned Potatoes ##Wheat Toast Fluid Skim Milk Spread	1 wh 2 box ¼ cup ¾ cup 2 slice 16 oz 2 tsp	Turkey Chop Suey #Chow Mein Noodles Summer Squash Fresh Orange* ##WG Wheat Bread Fluid Skim Milk Spread	1½cup 1 cup ½ cup 1 wh 2 slice 8 oz 2 tsp	Meat Loaf w/ Tomato Sauce* Oven Baked Potatoes* Carrots** Mixed Green Salad LF French Dressing ##WG Wheat Bread Fluid Skim Milk Spread	3 oz 1 pot ½ cup 1 cup 1 tbsp 2 slice 8 oz 1 tsp	Baked Custard ½ cup	Pro.....3 Dairy.....4 Veggie/ Fruit.....6 Grain.....10 WG.....8 Vit C*.....2 Vit A**.....1
Saturday	Veggie Juice Cocktail* ##Cream of Wheat Scrambled Egg ##Wheat Toast Fluid Skim Milk Spread	4 oz 1 cup ¼ cup 2 slice 16 oz 2 tsp	Hot Dogs on ##WG Buns Corn Relish Plate** Apricot Halves** Lite Mayo Mustard, Catsup Fluid Skim Milk	2 ea 2 ea ½ cup 2 oz ½ cup 2 tsp 1 T ea 8 oz	#Cheese Enchiladas Refried Beans*** #Spanish Rice Mixed Green Salad LF Italian Dressing ##WG Flour Tortillas LF Sour Cream Salsa* Fluid Skim Milk	2 ea ½ cup ½ cup 1 cup 1 tbsp 1 ea 1 oz ¼ cup 8 oz	# Pumpkin Cake 1 svg	Pro.....5 Dairy.....4 Veggie/ Fruit.....6 Grain.....10 WG.....9 Vit C*.....1.5 Vit A**.....2

*Vitamin C **Vitamin A ***Legume #Bread/Grain ##Whole Grain

Weekly Totals: **BREADS** @ Lunch (NSLP) = 24 **LEGUMES** = 3-full, 2-½

Menu Subject to Change

Approved by: S. Sasnauskas MA, RD, CFH (rev.06.29.11)
Expires: June 30, 2012

STANDARD MENU

CYCLE 1 (2.1)
Camps
MENU

Date:_____

DAY	BREAKFAST	Svg	LUNCH	Svg	DINNER	Svg	HS SNACK	Daily Title 15
Sunday	Apricot Halves** ##WG Cold Cereal Ham Steak ##Whole Grain Toast Spread Fluid Skim Milk	½ cup 2 box 2 oz 1 slice 1 tsp 16 oz	Cream of Tomato Soup* #Crackers ##Toasted Cheese Sand 3 Bean Salad*** Oven Baked Potato Fluid Skim Milk Spread	1 cup 2 pkg 1 sand 1 cup ½ pot 8 oz 1 tsp	Chicken Tetrazzini Broccoli*/** Mixed Green Salad LF French Dressing ## Wheat Bread Spread Fluid Skim Milk Sweet Potato Pie**	2 svg ½ cup 1 cup 1 tbsp 2 slice 2 tsp 8 oz 1 svg	## Graham Crackers 4, 2.5" sq	Kcals.....3081 Fat.....30%
Monday	Fresh Orange* Scrambled Eggs ##Oatmeal ##Whole Grain Toast Hash Brown Potatoes Fluid Skim Milk Spread	1 wh ¼ cup 1 cup 2 slice 1 cup 8 oz 2 tsp	Sloppy Joe Sandwich on ##Whole Grain Bun Corn Lettuce & Tomato* Salad LF Ranch Dressing Orange Pineapple Gelatin Fluid Skim Milk	2 2 ½ cup 1 cup 1 tbsp 1 Svg 8 oz	Roast Turkey w/ Stuffing Mashed Potatoes w/ Gravy Peas and Carrots** ##Cornbread Fluid Skim Milk Pumpkin Cake	3 oz 1 svg ½ cup ¼ cup ½ cup 1 pc 8oz 1 svg	Fresh Apple 1 whole Fluid Skim Milk 8 oz	Kcals.....2822 Fat.....28%
Tuesday	Orange Juice* ##WG Cold Cereal Turkey Sausage Link #Pancakes Fluid Skim Milk Syrup Spread	8 oz 1 box 2 links 3 ea 8 oz 2 tbsp 2 tsp	#Chicken and Noodles Carrots** Mixed Green Salad LF Italian Dressing ##Whole Grain Bread Fluid Skim Milk	1¾ cup ½ cup 1 cup 1 tbsp 1 slice 8 oz	Sweet Sour Pork #Steamed Rice Green Beans Mandarin Orange Ice Cream Fluid Skim Milk	2 cup 1 cup ½ cup ½ cup ½ cup 8 oz	Fresh Banana 1 whole Fluid Skim Milk 8 oz	Kcals.....2994 %Fat.....26%
Wednesday	Pineapple Chunks* ##Grits Sausage Patty #Bkd French Toast Strips Syrup Fluid Skim Milk	½ cup 1 cup 1 pc 2 strip 1 tbsp 8 oz	Hot Dogs on ##WG Hot Dog Bun Mustd, Catsup, Sw Relish Oven Baked Potato Baked Beans*** Mixed Green Salad LF Italian Fresh Orange* Fluid Skim Milk	2 2 ½ T ea ½ pot 1 cup 1 cup 1 tbsp 1 wh 8 oz	Beef Shepherd Pie w/ Peas & Carrots** Broccoli*/** Garden Salad LF French Dressing ##Wheat Bread Fluid Skim Milk	1 svg ½ cup 1 cup 1 tbsp 2 slice 8 oz	# Graham Crackers 4, 2.5" sq Fluid Skim Milk 8 oz	Kcals.....2876 %Fat.....29%
Thursday	Fresh Orange* ##Cream of Wheat Scrambled Eggs Bacon ##Whole Grain Toast Fluid Skim Milk	1 wh 1 cup ¼ cup 2 slice 1 slice 8 oz	#Beef & Bean*** Burrito #Spanish Rice Lettuce & Tomatoes* Sliced Peaches Fluid Skim Milk LF French Dressing	2 ea 1 cup 1 cup ½ cup 8 oz 2 tbsp	BBQ Chicken Mashed Potatoes Spinach** Tossed Green Salad ##Wheat Bread Fluid Skim Milk LF Italian Dressing Carrot Cake	2 pc ½ cup ½ cup 1 cup 1 slice 8 oz 1 tbsp 1 svg	Fresh Pear 1 whole Fluid Skim Milk 8 oz	Kcals.....3002 %Fat.....25%
Friday	Orange Juice* ##Oatmeal Ham Slice #Pancake Syrup Fluid Skim Milk	8 oz 1 cup 2 oz 3 ea 2 tbsp 8 oz	#Spaghetti w/ Meat Sauce Green Beans Mixed Green Salad LF Ranch Dressing Cantaloupe** ##WG Garlic Bread Fluid Skim Milk	1½ cup ½ cup 1 cup 1 tbsp 1 cup 1 pc 8 oz	Beef Stew Winter Squash** Kidney Bean Salad*** Cherry Cobbler ##Cornbread Fluid Skim Milk	2 cup ½ cup 1 cup 1 Svg 1 Svg 8 oz	Fresh Banana 1 wh Fluid Skim Milk 8oz	Kcals.....2938 %Fat.....27%
Saturday	Fresh Banana ##WG Cold Cereal Scramble Eggs #Biscuits Jam Spread Fluid Skim Milk	1 wh 2 box ¼ cup 2 ea 1 tbsp 1 tsp 16 oz	Chicken Stir-Fry w/ Carrots** #Steamed Rice ##Wheat Bread Fresh Orange* Fluid Skim Milk	2 cup 1½ cup 1 slice 1 wh 8 oz	Cheeseburger on ## WG Bun Lettuce & Tomatoes* LF Mayo Mustard, Catsup Oven Fried Potatoes Sliced Peaches Fluid Skim Milk Brownie	1, 4oz 1 bun ½ cup 2 tsp 1 tbsp ¾ cup ½ cup 8 oz 1 svg	Fresh Apple 1 whole	Kcals.....2999 %Fat.....28%

*Vitamin C **Vitamin A ***Legumes #Bread/Grain ##Whole Grain

Weekly Totals: **BREADS** @ Lunch (NSLP) = 17.5 **LEGUMES** = 3 **AVG KCALS:** 2959kcals **AVG %FAT:** 27.6% Menu Subject to Change

Approved by: S. Sasnauskas MA, RD, CFH (rev.08.11.11)
Expires: June 30, 2012

Updated Camp Menus

STANDARD MENU

CYCLE 2 (2.1)
Camps
MENU

Date:_____

DAY	BREAKFAST	Svg	LUNCH	Svg	DINNER	Svg	HS SNACK	Daily Title 15
Sunday	Fresh Orange* ##Oatmeal Scrambled Eggs ##Bran Toaster Muffin Fluid Skim Milk	1 wh 1cup ¼ cup 2 ea 8 oz	#Beef Burrito Refried Beans*** #Spanish Rice Lettuce & Tomato Salad* Fresh Apple Salsa* Fluid Skim Milk	1 burr 1 cup ½ cup 1 cup 1 wh ½ cup 8 oz	Oven Fried Chicken Baked Potato Steamed Carrots** Spring Green Salad ##Wheat Bread LF Italian Dressing Fluid Skim Milk Spread	2 pc 1 pot ½ cup 1 cup 2 slice 1 Tbsp 8 oz 1 tsp	## Graham Crackers 2, 2.5" Sq Fluid Skim Milk 8 oz	Kcals:.....2807 Fat: 29%
Monday	Raisins ##WG Cold Cereal Sausage Pattie #Pancakes Syrup Fluid Skim Milk Spread	¼ cup 2 box 1 ea 3 ea 2 tbsp 16 oz 2 tsp	Baked Ham Apple Glazed Swt Pot** Spinach** Mixed Green Salad w/ LF Italian Dressing Grapes-Seedless ##Wheat Bread Spread Fluid Skim Milk	3 oz ½ cup ½ cup 1 cup 1 tbsp ½ cup 2 slice 2 tsp 8 oz	Meat Loaf w/ Tomato Sce #Steamed Rice Mixed Vegetables Mixed Green Salad ##Wheat Bread Fluid Skim Milk Spread LF French Dressing	2 slice 1 cup ½ cup 1 cup 2 slice 8 oz 1 tsp 1 tbsp	Fresh Orange* 1 wh	Kcals:.....2907 Fat:.....30%
Tuesday	Orange Juice* ##Oatmeal Scrambled Egg Hash Browns ##Wheat Bread Spread Fluid Skim Milk	8 oz 1 cup ¼ cup ¾ cup 1 slice 1 tsp 8 oz	Hot Dogs on ##WG Bun Lite Mayo Mustard, Catsup Baked Beans*** Coleslaw* Oven Baked Potato* Fresh Pear Fluid Skim Milk	2 2 2 tsp 1 tbsp 1 cup ½ cup ½ pot 1 wh 8 oz	#Chicken and Noodles Green Beans Cantaloupe** ##Wheat Bread Fluid Skim Milk Applesauce Cake	1½cup ½ cup 1 cup 1 slice 8 oz 1 svg	# Cold Cereal ¾ cup Fluid Skim Milk 8 oz	Kcals:.....3042 Fat:.....27%
Wednesday	Fresh Orange* ##Cream of Wheat Cheese Omelet Bacon ##Wheat Bread Spread Fluid Skim Milk	1 wh 1 cup 1 ea 2 slice 2 slice 2 tsp 8 oz	Baked Cajun Chicken #Fried Rice Peas*** Potato Salad Fresh Apple ##Wheat Bread Spread Fluid Skim Milk	2 svg 2/3 cup 1 cup ½ cup 1 wh 2 Slice 2 tsp 8 oz	Roast Beef w/ Gravy Scalloped Potatoes Broccoli**/* Mixed Green Salad LF Ranch Dressing Apricot Halves** ##Wheat Bread Fluid Skim Milk Yellow Cake	3 oz ¼ cup ½ cup ½ cup 1 cup 2 tbsp ½ cup 2 Slice 8 oz 1 svg	Fresh Banana 1 whole Fluid Skim Milk 8 oz	Kcals: .....2912 Fat: 27%
Thursday	Pineapple Chunks* ##WG Cold Cereal Scrambled Eggs Hash Brown Potatoes ##Wheat Toast Fluid Skim Milk Spread	½ cup 2 box ¼ cup ¾ cup 2 slice 16 oz 2 tsp	#Chili Mac w/ Beef Carrots** Mixed Green Salad Fruit Cocktail ##Wheat Bread Fluid Skim Milk LF Ranch Dressing Spread	1½ cup ½ cup 1 cup ½ cup 2 slice 8 oz 1 tbsp 1 tsp	Baked Ham Sweet Potatoes** Cauliflower ##Wheat Bread Fluid Skim Milk Spread Gingerbread w' Whip Topping	4 oz ½ cup ½ cup 2 slice 8 oz 2 tsp 1 svg 2 tbsp	Fresh Apple 1 whole Fluid Skim Milk 8 oz	Kcals: .....2918 Fat: 26%
Friday	Fresh Orange* ##Cream of Wheat #French Toast Sticks Apple Topping Sliced Ham Fluid Skim Milk	1 wh 1 cup 4 stix ½ cup 1 oz 8 oz	Pork Chop Suey #Steamed Rice Winter Squash** Pineapple Chunks* ##Wheat Bread Fluid Skim Milk Spread	1½ cup 1 cup ½ cup ½ cup 2 slice 8 oz 2 tsp	Turkey Burger on ##WG Bun Lettuce and Tomatoes Lite Mayo Catsup, Mustard Potato Salad Green Beans Fluid Skim Milk	4 oz 1 ea ½ cup 2 tsp 1 tbsp 1 cup ½ cup 8 oz	Fresh Pear 1 whole Fluid Skim Milk 8 oz	Kcals: .....2953 Fat: 21%
Saturday	Fresh Banana ##WG Cold Cereal Sausage Links #Waffles Syrup Fluid Skim Milk	1 wh 2 box 2 link 3 ea 2 tbsp 16 oz	Vegetable Soup*/** #Submarine Sandwich Lite Mayo Mustard #Macaroni Salad Fresh Orange* Fluid Skim Milk	1 cup 1 sand 2 tsp 1 tbsp ½ cup 1 wh 8 oz	Baked Chicken Scandia #Brown Rice Pilaf Spring Green Salad Apricots Halves** ##Wheat Bread Fluid Skim Milk LF French Dressing Spread	2 svg ½ cup 1 cup ½ cup 2 slice 8 oz 1 tbsp 1 tsp	## Granola Bar 1 bar	Kcals:.....2815 Fat: 29%

*Vitamin C **Vitamin A ***Legumes #Bread/Grain ##Whole Grain

Weekly Totals: **BREADS** @ Lunch (NSLP) = 17.5 **LEGUMES =** 3 **AVG KCALS:** 2908kcal **AVG %FAT:** 26.9% Menu Subject to Change

Approved by: S. Sasnauskas MA, RD, CFH (rev.08.12.11)
Expires: June 30, 2012

STANDARD MENU

CYCLE 3 (2.1)
Camps
MENU

Date:_____

DAY	BREAKFAST	Svg	LUNCH	Svg	DINNER	Svg	HS SNACK	Daily Totals
Sunday	Raisins ## WG Cold Cereal ## Whole Grain Bagel Sausage Pattie Fluid Skim Milk LF Cream Cheese Jelly	¼ cup 2 box 1 bagl 1 pc 16 oz 1 tbsp 1 tbsp	#Spaghetti w/ Meat sauce* Zucchini Squash** Mixed Green Salad Mixed Fruit*/** #Garlic Bread Fluid Skim Milk LF Italian Dressing	1½cup ½ cup 1 cup ½ cup 1 pc 8 oz 1 tbsp	Baked Ham w/ Fruit* Sauce Mashed Potatoes Green Beans ##Wheat Bread Fluid Skim Milk Spread Sweet Potato Pie**	3 oz 1 oz ½ cup ½ cup 2 slice 8 oz 2 tsp 1 svg	Fresh Orange* 1 whole	Kcal.....2824 Fat.....29%
Monday	Fresh Orange* ##Oatmeal Scrambled Egg Hash Brown Potatoes ##Whole Wheat Toast Fluid Skim Milk Spread	1 wh 1 cup ½ cup ¾ cup 2 slice 8 oz 1 tsp	Breaded Chicken Pattie on ## Whole Wheat Bun Lettuce & Tomatoes Broccoli*/** Spinach Salad** LF French Dressing Cherry Crisp Lite Mayo Mustard, Catsup Fluid Skim Milk	3oz 1 bun ½ cup ½ cup 1 cup 1 tbsp 1 svg 2 tsp 1 tbsp 8 oz	#Vegetable Lasagna #Italian Bread Mixed Green Salad Fresh Apple Fluid Skim Milk LF Italian Dressing Spread	2 svg 2 pc 1 cup 1 wh 8 oz 1 tbsp 1 tsp	# Cold Cereal ¾ cup Fluid Skim Milk 8 oz	Kcal.....2874 Fat.....26%
Tuesday	Fresh Banana ##Raisin Bran Cereal Hash Brown Potatoes Ham Slice ##Whole Wheat Toast Fluid Skim Milk Spread	1 wh 2 box ½ cup 1 oz 1 slice 16 oz 1 tsp	Vegetable Soup*/** #Saltine Crackers Turkey Club on ##WG Bagel Coleslaw* Apricot Halves** Fluid Skim Milk	1 cup 2 pkg 1 sand ½ cup ½ cup 8 oz	Chicken Fajitas w/ ##Whole Wheat Tortillas Three Bean Salad*** #Spanish Rice Lettuce & Tomato Salad* Salsa* Fluid Skim Milk Coconut Pudding	2 svgs 2 ea 1 cup ½ cup 1 cup ½ cup 8 oz ½ cup	Fresh Apple 1 whole	Kcal.....2950 Fat.....23%
Wednesday	Orange Juice* ##Cream of Wheat #French Toast Syrup Sausage Links Fluid Skim Milk	8 oz 1 cup 3 slice 2 tbsp 2 links 8 oz	Chile con Carne w/ Beans*** #Crackers Summer Squash Mixed Green Salad LF Ranch Dressing Pineapple* ##Wheat Bread Fluid Skim Milk	1 cup 2 pkg ½ cup 1 cup 1 tbsp ½ cup 1 slice 8 oz	Baked Pork Chop Oven Brown Potato* Spinach** Lettuce & Tomato Salad* LF Italian Dressing ##Wheat Bread Spread Fluid Skim Milk	5 oz ½ pot ½ cup 1 cup 1 tbsp 2 slice 1 tsp 8 oz	Oatmeal Raisin Cookie 2 ea Fluid Skim Milk 8oz	Kcal.....2984 Fat.....22%
Thursday	Fresh Orange* #Grits Scrambled Egg Bacon ##Wheat Toast Fluid Skim Milk Spread	1 wh 1 cup ½ cup 2 slice 2 slice 8 oz 1 tsp	#Cheese Enchiladas Refried Beans*** Peas and Carrots** Sliced Peaches LF Sour Cream Salsa* Fluid Skim Milk	2 pc 1 cup ½ cup ½ cup 1 oz ½ cup 8 oz	Baked Chicken Mac & Cheese Broccoli*/** Coleslaw* ##Wheat Bread Fluid Skim Milk Spread Pumpkin Cake	2 pc 1 svg ½ cup ½ cup 1 slice 8 oz 2 tsp 1 svg	## Granola Bar 1 bar Fluid Skim Milk 8 oz	Kcal.....3005 Fat.....26%
Friday	Fresh Banana ##WG Cold Cereal Sausage Patty Hash Brown Potato ##Wheat Toast Fluid Skim Milk	1 wh 2 box 1 ea ¾ cup 2 slice 16 oz	#Pizza w/ Cheese Topping #Bread Sticks Green Beans Fresh Orange* Fluid Skim Milk	2 svg 1 stick ½ cup 1 wh 8 oz	Cheeseburger on WG Bun Lettuce & Tomatoes* Catsup Corn Apricot Halves** Mixed Green Salad LF 1000 Island Fluid Skim Milk	1 ea ½ cup 1 tbsp ½ cup ½ cup 1 cup 2 tbsp 8 oz	Fresh Apple 1 whole Fluid Skim Milk 8oz	Kcal.....2835 Fat.....30%
Saturday	Orange Juice* ##Oatmeal Sliced Ham #Pancakes Syrup Fluid Skim Milk	8 oz 1 cup 1 oz 3 ea 2 tbsp 8 oz	#Pork Burrito Refried Beans*** Spinach Salad** LF Ranch Fresh Apple ##Whole Grain Tortilla Salsa* Fluid Skim Milk	2 ea 1 cup 1 cup 1 tbsp 1 wh 1 ea ½ cup 8 oz	Honey Lemon Chicken #Brown Rice Pilaf Steamed Carrots** Garden Salad LF Italian Dressing ##Wheat Bread Fluid Skim Milk Spread	2 svg ½ cup ½ cup 1 cup 1 tbsp 1 slice 8 oz 1 tsp	# Shortbread Cookies 2 ea Fluid Skim Milk 8oz	Kcal.....2955 Fat.....28%

*Vitamin C **Vitamin A ***Legume #Bread/Grain ## (WG) Whole Grain

Weekly Totals: **BREADS** @ Lunch (NSLP) = 16 **LEGUMES** = 3.5 **AVG KCALS:** 2918kcals **AVG %FAT:** 26.3% Menu Subject to Change

Approved by: S. Sasnauskas MA, RD, CFH (rev.08.12.11)
Expires: June 30, 2012

STANDARD MENU

CYCLE 4 (2.1)
Camps
MENU

Date:_____

DAY	BREAKFAST	Svg	LUNCH	Svg	DINNER	Svg	HS SNACK	Daily Totals
Sunday	Fresh Orange* ##Oatmeal #English Muffin Scrambled Eggs Fluid Skim Milk Jelly Spread	1 wh 1 cup 2 ea ½ cup 8 oz 2 Tbsp 1 tsp	Bean Soup*** #Saltine Crackers Beef Taco Pie Corn Lettuce and Tomato Salad* LF Sour Cream Apricot Halves** Fluid Skim Milk	1 cup 2 pkg 2 pc ½ cup 1 cup 2 oz ½ cup 8 oz	Roast Beef w/ Gravy Mashed Potatoes Mixed Vegetables*/** Lettuce & Tomato Salad* LF Italian Dressing ##Wheat Bread Fluid Skim Milk Spread New Spice Cake	3 oz ½ cup ½ cup 1 cup 1 tbsp 2 slice 8 oz 2 tsp 1 svg	## WG Cold Cereal ¾ cup Fluid Skim Milk 8 oz	Kcal.....2942 Fat.....28%
Monday	Orange Juice* #Corn Flakes Cereal #French Toast Ham Steak Syrup Fluid Skim Milk Spread	8 oz 2 box 3 slice 3 oz 2 tbsp 16 oz 1 tsp	Porcupine Meatballs w/ Tomato Sauce* Oven Brown Potato* Cauliflower* Mixed Green Salad LF Italian Dressing Apricot Halves** ##Whole Wheat Bread Fluid Skim Milk	2, 6oz ½ pot ½ cup 1 cup 1 Tbsp ½ cup 1 slice 8 oz	Beef Stew #Egg Noodles Sweet & Sour Red Cabbage* Fruit Salad*/** ##Wheat Bread Fluid Skim Milk	1 cup 1 cup ½ cup ½ cup 2 slice 8 oz	Fresh Pear 1 whole	Kcal.....3009 Fat.....19%
Tuesday	Sliced Peaches #Grits Scrambled Eggs Bacon ##Wheat Toast Fluid Skim Milk Spread	½ cup 1 cup ¼ cup 2 strip 2 slice 16 oz 1 tsp	Corned Beef, Boiled Boiled Pot & Cabbage* Carrots** Mixed Green Salad LF Ranch Dressing Fresh Orange* ##Wheat Bread Fluid Skim Milk Spread	3 oz 1 cup ½ cup 1 cup 1 tbsp 1 wh 2 slice 8 oz 2 tsp	Cheeseburger on ##WG Bun Oven Baked Potato* Cut Corn Lettuce & Tomatoes Sherbet Fluid Skim Milk Lite Mayo, Mustard, Catsup	1 ea 1 ea 1 pot ½ cup 1 cup ½ cup 8 oz 1 T ea	Fresh Apple 1 whole	Kcal.....2729 Fat.....29%
Wednesday	Fresh Orange* ##Oatmeal #Waffles Syrup Sausage Pattie Fluid Skim Milk	1 wh 1 cup 2 ea 2 tbsp 1 ea 16 oz	BBQ Pork on ##Wheat Bun Baked Beans*** Mixed Veggies*/** Fresh Apple Fluid Skim Milk	3 oz 1 bun 1 cup ½ cup 1 wh 8 oz	Oven Baked Chicken Parslied Potatoes Carrots** Spring Green Salad LF French Dressing ##Wheat Bread Fluid Skim Milk Lemon Meringue Pie	2 pc 1 cup ½ cup 1 cup 1 tbsp 1 slice 8 oz 1 svg	## Granola Bar 1 bar	Kcal.....3029 Fat.....30%
Thursday	Raisins #Cold Cereal Scrambled Egg Hash Brown Potatoes ##Wheat Toast Fluid Skim Milk Spread	¼ cup 2 box ¼ cup ¾ cup 2 slice 16 oz 1 tsp	Chili con Carne w/ Bean #Steamed Rice Peas*** Tossed Green Salad LF Italian Dressing Fresh pear ##Wheat Bread Fluid Skim Milk Spread	1 cup 1 cup 1 cup 1 cup 1 tbsp 1 wh 1 slice 8 oz 1 tsp	Salisbury Steak w/ Gravy Mashed Potatoes Broccoli* Apricots** ##Wheat Bread Fluid Skim Milk Spread	3 oz 1 cup ½ cup ½ cup 1 slice 8 oz 1 tsp	Fresh Apple 1 whole	Kcal.....2795 Fat.....26%
Friday	Fresh Orange* ##Cream of Wheat #Pancakes Syrup Sliced Ham Fluid Skim Milk	1 wh 1 cup 2 cake 2 tbsp 3 oz 8 oz	#Tamale Pie Zucchini Squash** Garden Vegetables Salad LF Ranch Dressing ##Wheat Bread Fluid Skim Milk Spread	2 sq ½ cup 1 cup 1 tbsp 2 slice 8 oz 1 tsp	Baked Cajun Chicken O'Brien Potatoes Green Beans Mixed Green Salad LF Italian Dressing ##Wheat Bread Fluid Skim Milk Spread Sweet Potato Pie**	2 svg ½ cup ½ cup 1 cup 1 tbsp 2 slice 8 oz 1 tsp 1 svg	## WG Cold Cereal ¾ Cup Fluid Skim Milk 8 oz	Kcal.....2986 Fat.....29%
Saturday	Fresh Banana #Cold Cereal Scrambled Egg #Biscuit Hash Browns Fluid Skim Milk Jelly	1 wh 1 box ¼ egg 1 ea ¾ cup 8 oz 1 tbsp	Chef Salad Plate Baked Beans*** Cantaloupe** ##Wheat Bread Fluid Skim Milk LF 1000 Island Dressing	1 plate 1 cup 1 cup 2 slice 8 oz 2 tbsp	Turkey a la King #Steamed Rice Broccoli*/** Coleslaw* ##Wheat Bread Fluid Skim Milk	1½cup 1 cup ½ cup ½ cup 1 slice 8 oz	## Graham Crackers 4, 2.5" Sq Fluid Skim Milk 8 oz	Kcal.....2695 Fat.....23%

*Vitamin C **Vitamin A ***Legumes #Bread/Grain ##Whole Grain

Weekly Totals: **BREADS** @ Lunch (NSLP) = 17 **LEGUMES** = 3.5 **AVG KCALS:** 2883kcals **AVG %FAT:** 26% Menu Subject to Change

Approved By: S. Sasnauskas MA, RD, CFH (rev.08.12.11)
Expires: June 30, 2012

STANDARD MENU

CYCLE 5 (2.1)
Camps
MENU

Date:_____

DAY	BREAKFAST	Svg	LUNCH	Svg	DINNER	Svg	HS SNACK	Daily Totals
Sunday	Applesauce* ##Oatmeal Sausage links #English Muffins Fluid Skim Milk	¾ cup 1 cup 2 links 2 ea 16 oz	##Submarine Sandwich w/ lettuce/tomatoes/pickles* Potato Salad Ranch Style Beans*** Apricot Halves** Fluid Skim Milk	1 sand ½ cup 1 cup ½ cup 8 oz	BBQ Chicken Parslied Potatoes Green Beans Green Salad Pineapple Chunks* ##Wheat Bread Fluid Skim Milk LF French Dressing	2 pc 1 cup ½ cup 1 cup 2 slice 8 oz 1 tbsp	Fresh Banana 1 whole	Kcal:....2835 Fat:.....27%
Monday	Fresh Orange* ##Cream of Wheat #Pancakes Ham Steak Fluid Skim Milk Syrup Spread	1 wh 1 cup 3 cake 1 oz 16 oz 2 oz 2 tsp	Turkey and Noodles Carrots** Cabbage, Apple, Celery Salad* Pear Halves ##Wheat Bread Fluid Skim Milk	1 cup ½ cup ½ cup ½ cup 2 slice 8 oz	Polish Sausage Baked Beans*** Lyonnaise Potatoes Coleslaw* ##Wheat Bread Fluid Skim Milk	1 ea 1 cup ½ cup ½ cup 1 slice 8 oz	Fresh Apple 1 wh	Kcal:....2905 Fat:.....25%
Tuesday	Orange Juice* ##Oatmeal Scrambled Egg Hash Brown Potatoes ##Wheat Toast Fluid Skim Milk Jelly	8 oz 1 cup ¼ cup ¾ cup 2 slice 8 oz 2 tbsp	#Baked Lasagna Zucchini Squash** Sliced Peaches ##Wheat Bread Fluid Skim Milk	2 pc ½ cup ½ cup 2 slice 8 oz	Corned Beef Boiled Potatoes & Cabbage* Carrots** Kidney Bean Salad*** Mixed Fruit Cup ##Wheat Bread Fluid Skim Milk	3 oz 1 cup ½ cup ½ cup ½ cup 2 slice 8 oz	## WG Cold Cereal ¾ cup Fluid Skim Milk 8 oz	Kcal:....2886 Fat:.....27%
Wednesday	Fresh Orange* ##WG Cold Cereal Scrambled Egg Bacon ##Wheat Toast Fluid Skim Milk Spread	1 wh 2 box ¼ cup 2 strip 2 slice 16 oz 2 tsp	Chicken Cacciatore #Steamed Rice Broccoli*/** Spring Green Salad LF Italian Dressing ##Wheat Bread Fluid Skim Milk Spread	1½cup 1 cup ½ cup 1 cup 1 tbsp 2 slice 8 oz 2 tsp	Baked Ham w/ Fruit Sauce Sweet Potatoes** Cauliflower 3 Bean Salad*** ##Wheat Bread Fluid Skim Milk Spread Pineapple Upside Down Cake	3 oz ½ cup ½ cup ½ cup 2 slice 8 oz 2 tsp 1 svg	Fresh Pear 1 whole	Kcal:....2987 Fat:.....27%
Thursday	Pineapple Slices* ##Grits #French Toast Syrup Sliced Ham Fluid Skim Milk Spread	½ cup 1 cup 3 slice 2 tbsp 1 oz 8 oz 1 tsp	Breaded Chicken Sand on ##WG Bun Lite Mayo Catsup Oven Crinkle Potatoes Baked Beans*** Carrot Pineapple Salad**/* Fluid Skim Milk	1 ea 1 ea 3 tsp 1 tbsp 1 cup 1 cup ½ cup 8 oz	Roast Turkey w/ Gravy Mashed Potatoes Mixed Veggies** Coleslaw* Apricot Halves** ##Wheat Bread Fluid Skim Milk	3 oz ½ cup ½ cup ½ cup ½ cup 1 slice 8 oz	## Graham Crackers 2, 2.5" Sq Fluid Skim Milk 8 oz	Kcal:....3030 Fat:.....23%
Friday	Fresh Banana ##WG Cold Cereal Scrambled Egg Hash Brwned Potatoes ##Wheat Toast Fluid Skim Milk Spread	1 wh 2 box ¼ cup ¾ cup 2 slice 16 oz 2 tsp	Turkey Chop Suey #Chow Mein Noodles Baked Winter Squash** Fresh Orange* ##WG Wheat Bread Fluid Skim Milk Spread	1½cup 1 cup ½ cup 1 wh 2 slice 8 oz 2 tsp	Meat Loaf w/ Tomato Sauce* Oven Baked Potatoes* Carrots** Tossed Green Salad LF French Dressing ##WG Wheat Bread Fluid Skim Milk Spread	3 oz 1 pot ½ cup 1 cup 1 tbsp 2 slice 8 oz 1 tsp	## Granola Bar 1 bar	Kcal:....2890 Fat:.....27%
Saturday	Orange Juice* ##Cream of Wheat Scrambled Egg ##Wheat Toast Fluid Skim Milk Spread	8 oz 1 cup ¼ cup 2 slice 16 oz 2 tsp	Hot Dogs on ##WG Buns Corn Relish Plate** Apricot Halves** Lite Mayo Mustard, Catsup Fluid Skim Milk	2 ea 2 ea ½ cup 2 oz ½ cup 2 tsp 1 T ea 8 oz	#Enchiladas Refried Beans*** #Spanish Rice Mixed Green Salad LF Italian Dressing LF Sour Cream Salsa* Fluid Skim Milk #Pumpkin Cake	2 ea ½ cup ½ cup 1 cup 1 tbsp 1 ea 1 tbsp ¼ cup 8 oz	Fresh Apple 1 whole	Kcal:....2904 Fat:.....28%

*Vitamin C **Vitamin A ***Legume #Bread/Grain ##Whole Grain

Weekly Totals: **BREADS** @ Lunch (NSLP) = 24 **LEGUMES** = 3-full, 2-½ **AVG KCALS**: 2920kcals **AVG %FAT**: 26% Menu Subject to Change

Approved by: S. Sasnauskas MA, RD, CFH (rev.08.12.11)
Expires: June 30, 2012