Week One

Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
26-Jun			27-Jun			28-Jun			29-Jun			30-Jun			1-Jul			2-Jul		
10-Jul			11-Jul			12-Jul			13-Jul			14-Jul			15-Jul			16-Jul		
24-Jul			25-Jul			26-Jul			27-Jul			28-Jul			29-Jul			30-Jul		
Breakfast		calories	Breakfast		calories	Breakfast		calories	Breakfast		calories	Breakfast		calories	Breakfast		calories	Breakfast		calorie
item	**portion**		**item**	**portion**		**item**	**portion**		**item**	**portion**		**item**	**portion**		**item**	**portion**		**item**	**portion**	
No Service			Pancake Bites	5 each	385	Owasimeal	5 oz	530	Waffles	3 each	380	Scrambled Eggs	6oz	250	French Tst Stix	6 ea	490	Cereal	2 each	220
			Syrup	1 each	110	Raisin	1 box	110	Ham Stk	1 each	320	Sausage Patty	2 each	360	syrup	2 each	220	Apple	1 each	55
			Apple	1 each	70	Brown sugar	2 oz	100	Orange wedges	3 each	45	Breakfast potato	6 oz	360	Saus. Patty	2 each	170	milk	12 oz	183
			donut	1 each	240	Eng. Muff	1 each	240	Butter	2 each	50	Milk	8 oz	130	Orange	1 each	45	Doughnut	1 ea	240
			Milk	8 oz	130	Milk	12 oz	200	Syrup	2 each	220	Bread	2 slice	160	Milk	8 oz	130			
						Butter	2 each	50	Milk	8 oz	130	Butter	2 each	50						
veggie meals			*french tst sticks*	*6 each*	***490***	*Oatmeal*	5 oz	*530*	*Waffle Stx*	4 each	***380***	*Scrambled Eggs*	6oz	*250*	*French Tst Stix*	6 ea	***490***	*Cereal*	2 each	***220***
Total cal		**0**	***total veggie***	***1425***	**935**	***total veggie***	***1230***	**1230**	***total veggie***	***825***	**1145**	***total veggie***	***950***	**1310**	***total veggie***	***1055***	**1055**	***otal veggi***	***698***	**698**
Lunch		calories	Lunch		calories	Lunch		calories	Lunch		calories	Lunch		calories	Lunch		calories	Lunch		calorie
			School pizza	2 slices	650	Cheezburg	1	300	Turkey	4 slices	140	Chicken Nuggets	6 each	280	Hot dogs	2 each	340			
Chef's Choice			Salad	4 oz	10	Cheese	1 oz	90	Cheese	1 slice	90	Dipping sauce	1 each	65	HD Buns	2 each	260	No Service		
			Dress p/c	1 each	65	Lettuce	.5 oz	2	Lettuce	.5 oz	2	Mac & chs	8 oz	365	Potato Wedge	6 oz	90			
			pineapple	4 oz	120	Tomato	2 slice	5	Tomato	2 slice	5	Choc Pudding	4 oz	130	Chilled pears	4 oz	80			
			Cookies	2 each	140	Chip	1 bag	140	Bread	2 each	240	Cookie	2 each	140	Baby carrots	1 bag	16			
			Drink	12 oz	90	Apple Crisp	4 oz	430	Nectarine	1 each	60	Drink	12 oz	90	Drink	12 oz	90			
						Drink	12 oz	90	Chips	1 bag	140				Ranch Dressing	1 each	65			
						bun		170	Drink	12 oz	90									
veggie meals			*(cheese pizza)*	2 slices	***620***	*veggie burger*	1 each	***100***	*egg salad*		***350***	*veggie hot dog*	2 each	***306***	*boca potato casserole*		***260***			
Total cal		**0**	***total veggie***	***1035***	**1075**	***total veggie***	***927***	**1227**	***total veggie***	***797***	**767**	***total veggie***	***1096***	**1070**	***total veggie***	***446***	**941**			**0**
Dinner		calories	Dinner		calories	Dinner		calories	Dinner		calories	Dinner		calories	Dinner		calories	Dinner		calorie
Turkey Pot Roas	4 oz	300	Chicken Breast	1 each	500	Rigatoni	8 oz	840	Steak	1each	580	Rst pork loin	6 oz	255	Chicken Kiev	1 each	600			
Mashed potato	6 oz	160	AuGratin potato	6oz	500	Meat Sauce	5 oz	100	Baked Potato	1 each	165	Mashed potato	6 oz	160	Rice Pilaf	6 oz	120	No Service		
Salad/Dressing	4 oz/1pc	65	Corn	4 oz	160	Broccoli	2oz	10	Salad/Dressing	4 oz/1pc	65	Gravy	2 oz	25	Green Beans	4oz	20			
applesauce	4oz	90	Pudding	4 oz	130	Peaches	4 oz	70	Brownie	1 each	150	applesauce	4 oz	90	Jello	4 oz	70			
Drink	12 oz	90	Drink	12 oz	90	Drink	12 oz	90	Bread	2 slice	240	bread	2 slice	240	Drink	12 oz	90			
Bread	2 slice	160	Bread	2 slice	160	Bread	2 slice	240	Butter	2 ea	50	butter	2 each	50	Bread	2 each	240			
Butter		50	Butter	2 each	50	Butter	2 each	50	Drink	12 oz	90	Drink	12 oz	90	Butter	2 each	50			
stuffed gr pepper		***375***	*curry tofu w/rice*		***425***	*sauce w/garbanzos*		***920***	*veggie meatloaf*		***425***				*spinach lasagna*		***280***			
Total cal	***990***	**915**	***total veggie***	***1515***	**1590**	***total veggie***	***2220***	**1400**	***total veggie***	***1185***	**1340**	***total veggie***	***655***	**910**	***total veggie***	***870***	**1190**			**0**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Satur
Daily Calorie Count	**915**	**3600**	**3857**	**3252**	**3290**	**3186**	**698**

OWASIPPE BOY SCOUT CAMP MENU

Week Two

3-Jul 17-Jul 31-Jul			4-Jul 18-Jul 1-Aug			5-Jul 19-Jul 2-Aug			6-Jul 20-Jul 3-Aug			7-Jul 21-Jul 4-Aug			8-Jul 22-Jul 5-Aug			9-Jul 23-Jul 6-Aug		
Sunday			**Monday**			**Tuesday**			**Wednesday**			**Thursday**			**Friday**			**Saturday**		
Breakfast			Breakfast			Breakfast			Breakfast			Breakfast			Breakfast			Breakfast		
			item	**portion**	calories	**item**	**portion**	calories	**item**	**portion**	calories	**item**	**portion**	calories	**item**	**portion**	calories	**item**	**portion**	calories
									egg sandwich											
No Service			Pancake Bites	5 ea	**385**	Brk. Burrito	2 each	**380**	egg patty/cheese	1 each	**80**	French Tst Stix	6 each	**490**	Owasimeal	6 oz	**530**	cereal	2 each	**220**
			Syrup	1 each	**110**	coffee cake	1 each	**70**	Sausage Patty	1 each	**180**	Syrup	2 each	**220**	Brown Sugar	2 oz	**100**	donuts	1 each	**240**
			coffee cake	1 each	**70**	apple	2 each	**70**	Bagel	1 each	**360**	Sausage links	2 each	**170**	Raisin	1 box	**65**	orange juic	6 oz	**82**
			Nectarine	1 each	**60**	Milk	8 oz	**130**	Orange	1 each	**45**	Banana	3 each	**110**	Bread	2 each	**240**	milk	12 oz	**183**
			Milk	8 oz	**130**				Breakfast potato	6 oz	**360**	Milk	8 oz	**130**	Butter		**50**			
									Milk	8 oz	**130**				Milk	12 oz	**200**			
veggie meals			*french tst sticks*	6 each	**490**	Brk. Burrito	2 each		*Egg Sandwich*	1 each	**80**	*French Tst Stix*	6 each	**490**	*Owasimeal*	6 oz	**530**	*cereal*	2 each	**220**
	Total cal		***total veggie***	**860**	**755**	***total veggie***	**270**	**650**	***total veggie***	**975**	**1155**	***total veggie***	**950**	**1120**	***total veggie***	**1185**	**1185**	***otal veggi***	**725**	**725**
Lunch			Lunch		calories	Lunch		calories	Lunch		calories	Lunch		calories	Lunch		calories	Lunch		calories
			Hot Dogs	2 each	**340**	Turkey	4 slices	**140**	Shred BBQ Ckn	6 oz	**250**	Walking Taco	4 oz	**175**	Chicken Patty	1 each	**460**			
Chef's choice			Buns	2 each	**260**	Cheese	1 each	**90**	Bun	2 each	**340**	Chips	2 bags	**280**	Bun	2 each	**340**	No Service		
			Mac & Chse	6 oz	**365**	Lettuce	.5 oz	**2**	Baby carrots	4 sticks	**10**	Cheese	1 oz each	**100**	Lettuce	.5 oz	**2**			
			Banana	1 each	**110**	Tomato	2 slice	**5**	Chips	1 bag	**140**	Taco Sauce	2 ea	**10**	Tomato	2 slices	**5**			
			Big Cookie	1 each	**380**	Bread	2 each	**240**	Jello	4 oz	**70**	Salad	4 oz	**65**	Mayo PC	1 each	**80**			
			Condiments	2 each	**100**	Orange	1each	**45**	ranch cup	1 each	**100**	Brownie	1 each	**150**	Chip	1 bag	**140**			
			Drink	12 oz	**90**	Chips	1 bag	**140**	Drink	12 oz	**90**	Drink	12oz	**90**	Orange	1 each	**45**			
						Drink	12 oz	**90**							Drink	12 oz	**90**			
veggie meals			*veggie hot dog*	2 each	**306**	*egg salad*		***350***	*Lasagna rolls*	***2 each***	580	*veggie walking taco*	4 oz	***160***	*veggie burger*		***100***			
	Total cal		***total veggie***	**1141**	**1645**	***total veggie***		**752**	***total veggie***		**1580**	***total veggie***	**855**	**870**	***total veggie***	**662**	**1162**	***otal veggie***		**0**
Dinner			Dinner		calories	Dinner		calories	Dinner		calories	Dinner		calories	Dinner		calories	Dinner		calories
Chicken Breas	4 oz 1eh	**110**	Rst pork loin	6 oz	**255**	Penne	8oz	**840**	Steak	1 each	**580**	Turkey	5 oz	**140**	Salisbury Steak	1 each	**490**			
Au Gratin Pot	6 oz	**500**	red skin Pt	6 oz	**120**	Meat Sauce	5 oz	**100**	Baked Potato	1 each	**165**	Mashed	6 oz	**160**	Rice	6 oz	**120**	No Service		
corn	4 oz eacl	**160**	green beans	4 oz	**20**	Mozz Cheese	2oz	**190**	Salad/Dressing	4 oz/1pc	**65**	Gravy	2 oz	**25**	Salad/Dressing	4 oz/2oz	**65**			
rc treat	1 each	**90**	applesauce	4 oz	**90**	Veg Blend	4oz	**30**	Bread	2 slice	**240**	Salad	4 oz	**10**	Fruit Cocktail	4oz	**90**			
bread	2 slice	**240**	bread	2 slice	**240**	Pudding	4 oz	**130**	Butter	2 ea	**50**	Drink	12oz	**90**	Drink	12 oz	**90**			
drink	12 oz	**90**	butter	2 each	**50**	Drink	12 oz	**90**	Drink	12 oz	**90**	Bread	2 slice	**240**	Bread	2 slice	**240**			
butter		**50**	Drink	12 oz	**90**	Bread	2 slice	**240**				Butter		**50**	Butter	2 each	**50**			
						Butter	2 ea	**50**				dressing		**47**			**47**			
manicotti		***290***	*veg fried rice/tofu\egg*		***460***	*veggie goulash*		***360***	*veg meatloaf*		***360***	veggie tetrazzini		***450***	*veggie burrito*		***380***			
total veggie	***1420***	**1240**	***total veggie***	**1070**	**865**	***total veggie***	***1090***	**1670**	***total veggie***	***970***	**1190**	***total veggie***	***815***	**762**	***total veggie***		**1192**			
Total cal		**Total cal**																		

Thursday **Friday** **Saturday**