

Camp Bloomfield – Conejo Valley USD Outdoor School

Weekly Menu

Cycle One – 2018

Colina MS #1 (2/6 to 2/9); Los Cerritos MS #1 (2/20 to 2/23); and Redwood MS #1 (3/6 to 3/9); and Sycamore Canyon School (3/20 to 3/23); and Sequoia MS #2 (4/9 to 4/12)

Day One

Dinner: Soup du Jour, Caesar Salad, Rotisserie Chicken served with Seasoned Potatoes, Peas, Whole Wheat Dinner Roll and Cup Cakes for Dessert
(Vegetarian BBQ Chicken Tender available)

Day Two

Breakfast: Orange Juice, Assorted Cold Cereal, Oatmeal, Waffles served with Syrup and Bacon *(Vegetarian Sausage available)*

Trail Lunch: **Sack Lunch for Trail:** Deli Sandwich on Whole Wheat Bread, Potato Chips, Whole Fruit, Water and Cookies *(Cheese or Vegetable Sandwich available)*

Café Lunch: Tossed Salad, Cheese Burgers served with Lettuce & Tomato, French Fries and Fruit Gelatin for Dessert *(Garden Burgers available)*

Dinner: Soup du Jour, Caesar Salad, Pasta served with Meat or Marinara Sauce, Vegetable Medley, Parmesan Breadstick and Italian Ice for Dessert

Day Three

Breakfast: Orange Juice, Assorted Cold Cereal, Cream of Wheat, Scrambled Eggs, Hash Browns and Fresh Fruit

Trail Lunch: **Sack Lunch for Trail:** Deli Sandwich on Whole Wheat Bread, Potato Chips, Whole Fruit, Water and Cookies *(Cheese or Vegetable Sandwich available)*

Café Lunch: Tossed Salad, Cheese or Pepperoni Pizza served with Steak Fries, Vegetable Sticks and Ice Cream

Dinner: Soup du Jour, Garden Salad, Beef Chimichanga served with Salsa, Sour Cream, Refried Beans, Spanish Rice and Churros for Dessert *(Bean and Cheese Burrito available)*

Day Four

Breakfast: Orange Juice, Assorted Cold Cereal, Malt-O-Meal, Pancakes served with Syrup and Sausage Links *(Vegetarian Sausage available)*

Lunch: Garden Salad, Super $\frac{1}{4}$ -pound Hot Dogs served with Tater Tots, Veggie Sticks and Pudding for Dessert *(Vegetarian Hot Dog available)*

Milk and Whole Fruit Available at all Meals

Lactose Free and Soy Milk Available upon Advanced Request

Vegetarian Soup offered Daily

Camp Bloomfield – Conejo Valley USD Outdoor School

Weekly Menu

Cycle Two – 2018

*Colina MS #2 (2/12 to 2/15); Los Cerritos MS #2 (2/27 to 3/2);
Redwood MS #2 (3/13 to 3/16); and Sequoia MS #1 (4/3 to 4/6)*

Day One

Dinner: Soup du Jour, Caesar Salad, Spaghetti served with Meat Balls (*on the side*), Mixed Vegetables, Garlic Bread and Italian Ice for Dessert

Day Two

Breakfast: Orange Juice, Assorted Cold Cereal, Oatmeal, French Toast served with Syrup and Bacon (*Vegetarian Sausage available*)

Trail Lunch: **Sack Lunch for Trail:** Deli Sandwich on Whole Wheat Bread, Potato Chips, Whole Fruit, Water and Cookies (*Cheese or Vegetable Sandwich available*)

Café Lunch: Tossed Salad, Grilled Chicken Breast Sandwich on a Bun served with Macaroni & Cheese and Fresh Fruit (*Vegetarian Chicken Tender Sandwich available*)

Dinner: Soup du Jour, Garden Salad, BBQ Beef Brisket served with Garlic Mashed Potatoes & Gravy, Corn, Honey Biscuit and Brownies for Dessert (*Meatless Black Bean Burger available*)

Day Three

Breakfast: Orange Juice, Assorted Cold Cereal, Malto Meal, Scrambled Eggs, Hash Browns and Fresh Fruit

Trail Lunch: **Sack Lunch for Trail:** Deli Sandwich on Whole Wheat Bread, Potato Chips, Whole Fruit, Water and Cookies (*Cheese or Vegetable Sandwich available*)

Café Lunch: Tossed Salad, Beef Stuffed Burritos served with Spanish Rice and Churros for Dessert (*Vegetarian Stuffed Burritos available*)

Dinner: Soup du Jour, Tossed Salad, Chicken Tenders with Ranch & BBQ Dipping Sauce served with Confetti Rice, Coleslaw and Ice Cream Cup for Dessert (*Vegetarian Chicken Tenders available*)

Day Four

Breakfast: Orange Juice, Assorted Cold Cereal, Cream of Wheat, Blueberry Pancakes served with Syrup and Sausage Links (*Vegetarian Sausage available*)

Lunch: Garden Salad, Beef Lasagna served with Italian Green Beans, Garlic Rolls and Chocolate Pudding for Dessert (*Vegetarian Lasagna available*)

Milk and Whole Fruit Available at all Meals

Lactose Free and Soy Milk Available upon Advanced Request

Vegetarian Soup offered Daily

Huntington Culinary, Inc.

Camp Bloomfield Breakfast

Base Menu Spreadsheet

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle One Day 2														
Camp Bloomfield Breakfast	Total	1												
AM Fresh Fruit (EC)	1/2 cup	1	73	0	1	3.66	0.19	16.3	93	15.53	0.54	19.37	0.21	0.03
Orange Juice 3/1 mix Mc Cain	8 oz	1	120	0	1	0.27	0.23	13.3	53	43.87	1.33	29.33	0.08	0.01
MILK,1% Lowfat (nm)	HALF PINT	1	120	10	150	0.00	0.00	350.0	500	2.4	10.0	14.0	2.5	1.50
Assorted Breakfast Cereal (EC)	3/4 cup	1	88	0	164	1.46	5.16	23.9	517	7.94	1.78	19.5	0.62	0.20
Oatmeal, Hot Cereal (EC)	6 oz	1	71	0	424	1.92	0.86	15.2	0	0.0	3.06	12.02	1.25	0.22
Waffle - Camp	2 waffles	1	210	0	380	1.00	2.70	80.0	3500	0.0	4.0	33.0	7.0	1.00
Syrup Cups - Camp	portion pack	1	120	0	0	0.00	0.00	0.0	0	0.0	0.0	25.0	0.0	0.00
Bacon (EC)	3 strips	1	103	21	326	0.00	0.27	2.1	7	0.0	7.03	0.27	7.93	2.61
Sausage Substitute, Morning St	2 each	1	160	0	520	2.00	3.60	0.0	0	0.0	18.0	6.0	6.0	0.00
Weighted Daily Average			1065	31	1967	10.31	13.01	500.8	4670	69.74	45.75	158.50	25.59	5.57
% of Calories											17.2%	59.5%	21.6%	4.7%
Nutrient Guideline			625				3.40	300.00	1125	14.40	12.50		<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle One Day 3														
Camp Bloomfield Breakfast	Total	1												
AM Fresh Fruit (EC)	1/2 cup	1	73	0	1	3.66	0.19	16.3	93	15.53	0.54	19.37	0.21	0.03
Orange Juice 3/1 mix Mc Cain	8 oz	1	120	0	1	0.27	0.23	13.3	53	43.87	1.33	29.33	0.08	0.01
MILK,1% Lowfat (nm)	HALF PINT	1	120	10	150	0.00	0.00	350.0	500	2.4	10.0	14.0	2.5	1.50
Assorted Breakfast Cereal (EC)	3/4 cup	1	88	0	164	1.46	5.16	23.9	517	7.94	1.78	19.5	0.62	0.20
Cream of Wheat (EC)	6 oz	1	65	0	307	0.76	6.06	134.3	0	0.0	2.1	13.28	0.26	0.04
Scrambled Eggs, HCl (EC)	3 oz	1	160	144	183	0.00	1.39	84.3	504	0.25	9.88	2.88	11.88	2.89
Hash Browns - Camp	Patty	1	127	0	224	1.95	0.35	0.0	0	4.68	0.97	13.64	7.8	0.97
Fresh Fruit Cup (nm)	1 cup	1	60	0	15	1.40	0.36	14.0	1624	44.09	1.02	15.23	0.24	0.05
Weighted Daily Average			814	154	1045	9.50	13.75	636.0	3292	118.76	27.63	127.24	23.58	5.69
% of Calories											13.6%	62.6%	26.1%	6.3%
Nutrient Guideline			625				3.40	300.00	1125	14.40	12.50		<=30.0	<10.00

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Huntington Culinary, Inc.

Camp Bloomfield Breakfast

Base Menu Spreadsheet

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle One Day 4														
Camp Bloomfield Breakfast	Total	1												
AM Fresh Fruit (EC)	1/2 cup	1	73	0	1	3.66	0.19	16.3	93	15.53	0.54	19.37	0.21	0.03
Orange Juice 3/1 mix Mc Cain	8 oz	1	120	0	1	0.27	0.23	13.3	53	43.87	1.33	29.33	0.08	0.01
MILK,1% Lowfat (nm)	HALF PINT	1	120	10	150	0.00	0.00	350.0	500	2.4	10.0	14.0	2.5	1.50
Assorted Breakfast Cereal (EC)	3/4 cup	1	88	0	164	1.46	5.16	23.9	517	7.94	1.78	19.5	0.62	0.20
Malt O' Meal (nm)	6 oz	1	10	0	284	0.00	0.76	5.7	0	0.0	0.28	2.07	0.02	0.00
Pancake Mix, Buttermilk - Camp	2 each	1	220	0	710	1.00	2.70	100.0	0	0.0	5.0	47.0	1.5	0.50
Syrup Cups - Camp	portion pack	1	120	0	0	0.00	0.00	0.0	0	0.0	0.0	25.0	0.0	0.00
Sausage Link - Camp	2 links	1	300	45	350	0.00	0.36	0.0	0	0.0	5.0	3.0	28.0	10.00
Sausage Substitute, Morning St	2 each	1	160	0	520	2.00	3.60	0.0	0	0.0	18.0	6.0	6.0	0.00
Weighted Daily Average			1211	55	2181	8.39	13.00	509.2	1163	69.74	41.93	165.27	38.93	12.24
% of Calories											13.8%	54.6%	28.9%	9.1%
Nutrient Guideline			625				3.40	300.00	1125	14.40	12.50		<=30.0	<10.00

Weighted Average			1030	80	1731	9.40	13.25	548.7	3042	86.08	38.44	150.33	29.36	7.83
											14.9%	58.4%	25.7%	6.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1030		625	165%				
Cholesterol (mg)	80							
Sodium 1 (mg)	1731							
Sodium 2 (mg)	1731							
Fiber (g)	9.40							
Iron (mg)	13.25		3.40	390%				
Calcium (mg)	548.7		300.00	183%				
Vitamin A (IU)	3042		1125	270%				
Vitamin C (mg)	86.08		14.40	598%				
Protein (g)	38.44	14.93%	12.50	307%				
Carbohydrate (g)	150.33	58.38%						
Total Fat (g)	29.36	25.66%	<=30.00%					
Saturated Fat (g)	7.83	6.85%	<10.00%					

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Huntington Culinary, Inc.

Base Menu Spreadsheet

Camp Bloomfield Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle One Day 2														
Camp Bloomfield Lunch	Total	1												
Soup Week 1 & 4	8 OZ	1	126	21	115	1.98	1.19	42.1	912	3.91	9.41	11.86	4.37	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	183	0.09	0.15	6.0	44	1.58	0.35	2.09	2.2	0.22
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	37	0	43	2.90	1.29	52.4	9816	20.14	2.09	7.51	0.38	0.05
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	2.16	9.2	17.2	1.5	0.90
Cheeseburger	1 EACH	1	413	81	733	1.29	3.28	369.7	671	4.48	24.07	23.96	24.09	11.00
Cheeseburger, Vegetarian	1 EACH	1	368	28	1273	3.29	3.56	382.8	671	4.48	17.63	39.93	15.42	5.98
FRENCH FRIES: deep fry	1 CUP	1	180	7	123	1.82	0.43	10.8	0	5.87	2.3	22.55	9.44	3.88
Fruit Jello (nm)	1/2 cup	1	149	0	105	1.21	0.38	7.9	252	2.3	2.12	37.07	0.08	0.01
Weighted Daily Average			1547	147	2733	15.93	10.49	1225.4	12965	101.64	67.90	195.28	57.71	23.33
% of Calories											17.6%	50.5%	33.6%	13.6%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle One Day 3														
Camp Bloomfield Lunch	Total	1												
Soup Week 1 & 4	8 OZ	1	126	21	115	1.98	1.19	42.1	912	3.91	9.41	11.86	4.37	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	183	0.09	0.15	6.0	44	1.58	0.35	2.09	2.2	0.22
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	37	0	43	2.90	1.29	52.4	9816	20.14	2.09	7.51	0.38	0.05
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	2.16	9.2	17.2	1.5	0.90
Pizza, Cheese, Little Tony's	Pizza	1	390	20	730	2.00	2.70	200.0	400	0.0	14.0	48.0	16.0	8.00
Pizza, Pepperoni, Little Tony's	Pizza	1	472	33	1067	2.00	2.93	201.6	400	0.0	17.46	48.47	23.25	10.66
FRENCH FRIES: deep fry	1 CUP	1	180	7	123	1.82	0.43	10.8	0	5.87	2.3	22.55	9.44	3.88
Veggie Sticks (nm)	1 cup	1	48	0	120	3.65	0.41	58.7	15015	7.49	1.33	10.63	0.34	0.06
ICE CREAM, VANILLA	1/2 cup	1	149	32	58	0.50	0.06	92.2	303	0.43	2.52	16.99	7.92	4.89
Weighted Daily Average			1676	123	2596	18.29	9.37	1017.6	27490	98.31	59.40	218.41	65.62	29.95
% of Calories											14.2%	52.1%	35.2%	16.1%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

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Huntington Culinary, Inc.

Camp Bloomfield Lunch

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle One Day 4														
Camp Bloomfield Lunch	Total	1												
Soup Week 1 & 4	8 OZ	1	126	21	115	1.98	1.19	42.1	912	3.91	9.41	11.86	4.37	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	183	0.09	0.15	6.0	44	1.58	0.35	2.09	2.2	0.22
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	37	0	43	2.90	1.29	52.4	9816	20.14	2.09	7.51	0.38	0.05
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	2.16	9.2	17.2	1.5	0.90
Hot Dog, Super 1/4 lb	1 each	1	392	121	1867	1.04	3.13	161.9	0	0.0	19.32	25.65	22.16	7.20
TATER TOTS	1 cup	1	275	0	925	3.97	1.93	37.2	20	8.56	4.15	37.8	13.31	6.32
Veggie Sticks (nm)	1 cup	1	48	0	120	3.65	0.41	58.7	15015	7.49	1.33	10.63	0.34	0.06
Pudding, Chocolate	1/2 cup	1	137	9	154	0.85	0.67	148.4	250	1.16	4.91	24.57	2.34	1.46
Weighted Daily Average			1290	161	3565	17.82	8.98	860.4	26657	101.72	51.50	170.41	46.81	17.50
% of Calories											16.0%	52.9%	32.7%	12.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

Cycle One Trail Lunch														
Camp Bloomfield Lunch	Total	1												
Turkey Sandwich	1 each	1	323	63	351	2.86	3.36	101.1	306	4.05	31.03	29.79	8.26	2.25
Cheese Sandwich	1 each	1	315	40	903	2.32	2.19	338.9	516	0.12	15.64	28.91	15.17	8.83
Potato Chips, Baked (nm)	bag	1	143	0	220	2.00	0.47	40.1	0	0.0	2.0	24.04	3.0	0.50
APPLES,Fresh (nm)	1 EACH	1	72	0	1	3.31	0.17	8.3	75	6.35	0.36	19.06	0.23	0.04
COOKIES,CHOC SNDWCH,W/CRE ME FI	3	1	139	0	116	0.87	3.64	6.3	1	0.0	1.56	21.3	5.74	1.69
Weighted Daily Average			992	103	1592	11.36	9.83	494.6	897	10.51	50.59	123.09	32.41	13.30
% of Calories											20.4%	49.7%	29.4%	12.1%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

Weighted Average			1376	133	2622	15.85	9.67	899.5	17002	78.05	57.35	176.80	50.64	21.02
											16.7%	51.4%	33.1%	13.8%

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Huntington Culinary, Inc.

Camp Bloomfield Lunch

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage									
Calories	1376		846	163%												
Cholesterol (mg)	133															
Sodium 1 (mg)	2622															
Sodium 2 (mg)	2622															
Fiber (g)	15.85															
Iron (mg)	9.67		4.50	215%												
Calcium (mg)	899.5		400.00	225%												
Vitamin A (IU)	17002		1500	1133%												
Vitamin C (mg)	78.05		19.20	406%												
Protein (g)	57.35	16.67%	16.70	343%												
Carbohydrate (g)	176.80	51.40%														
Total Fat (g)	50.64	33.12%	<=40.00%													
Saturated Fat (g)	21.02	13.75%	<10.00%													

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Huntington Culinary, Inc.

Camp Bloomfield Dinner

Base Menu Spreadsheet

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle One Day One														
Camp Bloomfield Dinner	Total	1												
Soup Week 1 & 4	8 OZ	1	126	21	115	1.98	1.19	42.1	912	3.91	9.41	11.86	4.37	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	183	0.09	0.15	6.0	44	1.58	0.35	2.09	2.2	0.22
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	38.4	0.0	13.44	0.0	0.00
Caesar Salad, side (nm)	1 cup	1	169	10	375	1.33	0.64	53.8	4949	2.27	10.86	5.61	15.16	2.72
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	2.16	9.2	17.2	1.5	0.90
Chicken, Rotisserie 8 cut	1/4	1	445	151	256	0.00	2.03	27.0	0	0.0	51.59	0.48	20.24	4.26
Chicken Sub, BBQ	1 each	1	180	0	1009	2.00	1.80	20.0	0	0.0	7.99	26.97	4.99	0.50
Potato, Seasoned Wedge (nm)	1 cup	1	178	0	184	3.40	7.55	11.3	0	62.89	3.79	29.01	4.49	0.33
PEAS: frozen,boiled	1 CUP	1	125	0	115	7.20	2.43	38.4	3360	15.84	8.24	22.82	0.43	0.08
Dinner Roll, Whole Wheat (nm)	1 each	1	110	0	250	3.00	1.08	40.0	0	0.0	5.0	22.0	1.5	0.00
Cup Cakes	1 each	1	293	0	247	0.64	1.41	103.6	72	0.13	4.54	43.04	11.58	2.94
Weighted Daily Average			1900	192	2893	22.98	18.47	695.9	9936	145.51	111.72	214.19	66.68	13.24
% of Calories											23.5%	45.1%	31.6%	6.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

Cycle One Day Two														
Camp Bloomfield Dinner	Total	1												
Soup Week 1 & 4	8 OZ	1	126	21	115	1.98	1.19	42.1	912	3.91	9.41	11.86	4.37	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	183	0.09	0.15	6.0	44	1.58	0.35	2.09	2.2	0.22
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	38.4	0.0	13.44	0.0	0.00
Caesar Salad, side (nm)	1 cup	1	169	10	375	1.33	0.64	53.8	4949	2.27	10.86	5.61	15.16	2.72
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	2.16	9.2	17.2	1.5	0.90
Spaghetti & Meat Sauce - 101	1 cup	1	395	78	195	5.81	4.67	78.3	802	21.68	29.42	39.8	14.4	5.49
Spaghetti Marinara (101)	1 cup	1	188	0	125	3.33	2.65	61.9	802	21.68	7.06	39.66	0.83	0.15
Vegetable Medley, Fresh (nm)	1 cup	1	31	0	39	2.24	0.47	30.8	5289	39.37	1.76	6.59	0.32	0.08
Garlic Bread	pieces	1	129	10	182	0.54	0.80	24.5	143	0.58	2.53	13.76	6.96	2.83
Italian Ice Cup, Cherry	4 oz	1	115	0	0	0.00	0.00	0.0	0	50.0	0.0	28.5	0.08	0.00
Weighted Daily Average			1429	129	1372	18.68	10.77	651.1	13540	199.97	71.33	198.19	46.04	13.68
% of Calories											20.0%	55.5%	29.0%	8.6%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

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Huntington Culinary, Inc.

Camp Bloomfield Dinner

Base Menu Spreadsheet

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle One Day Three														
Camp Bloomfield Dinner	Total	1												
Soup Week 1 & 4	8 OZ	1	126	21	115	1.98	1.19	42.1	912	3.91	9.41	11.86	4.37	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	183	0.09	0.15	6.0	44	1.58	0.35	2.09	2.2	0.22
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	37	0	43	2.90	1.29	52.4	9816	20.14	2.09	7.51	0.38	0.05
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	2.16	9.2	17.2	1.5	0.90
Chimichanga, Beef	1 each	1	350	25	550	2.00	2.70	100.0	100	4.8	12.0	39.0	15.0	5.00
BEAN BURRITO	SERVINGS	1	254	5	829	4.84	3.73	205.4	504	4.13	14.07	36.92	5.81	2.44
Salsa (nm)	ounce	1	7	0	66	0.34	0.11	3.8	215	9.97	0.33	1.42	0.08	0.01
Sour Cream (nm)	ounce	1	57	14	14	0.00	0.00	18.9	189	0.0	0.94	1.88	5.66	3.30
Refried Beans, scratch (nm)	1 cup	1	436	0	378	14.37	4.70	110.0	219	6.47	19.7	57.7	14.33	1.96
Spanish Rice, Lawrys (nm)	1 cup	1	277	0	48	0.69	2.29	17.5	0	0.0	4.02	44.82	8.59	0.68
Churro	10" each	1	130	10	115	1.00	1.80	0.0	0	0.0	2.0	13.0	8.0	2.00
Weighted Daily Average			1948	84	2498	31.55	18.17	909.8	12598	109.88	74.86	266.52	66.14	17.85
% of Calories											15.4%	54.7%	30.6%	8.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

Weighted Average			1759	135	2254	24.40	15.80	752.3	12024	151.79	85.97	226.30	59.62	14.92
											19.6%	51.5%	30.5%	7.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1759		846	208%				
Cholesterol (mg)	135							
Sodium 1 (mg)	2254							
Sodium 2 (mg)	2254							
Fiber (g)	24.40							
Iron (mg)	15.80		4.50	351%				
Calcium (mg)	752.3		400.00	188%				
Vitamin A (IU)	12024		1500	802%				
Vitamin C (mg)	151.79		19.20	791%				
Protein (g)	85.97	19.55%	16.70	515%				
Carbohydrate (g)	226.30	51.47%						
Total Fat (g)	59.62	30.51%	<=40.00%					
Saturated Fat (g)	14.92	7.64%	<10.00%					

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Huntington Culinary, Inc.

Base Menu Spreadsheet

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle Two Day 2														
Camp Bloomfield Breakfast	Total	1												
AM Fresh Fruit (EC)	1/2 cup	1	73	0	1	3.66	0.19	16.3	93	15.53	0.54	19.37	0.21	0.03
Orange Juice 3/1 mix Mc Cain	8 oz	1	120	0	1	0.27	0.23	13.3	53	43.87	1.33	29.33	0.08	0.01
MILK,1% Lowfat (nm)	HALF PINT	1	120	10	150	0.00	0.00	350.0	500	2.4	10.0	14.0	2.5	1.50
Assorted Breakfast Cereal (EC)	3/4 cup	1	88	0	164	1.46	5.16	23.9	517	7.94	1.78	19.5	0.62	0.20
Oatmeal, Hot Cereal (EC)	6 oz	1	71	0	424	1.92	0.86	15.2	0	0.0	3.06	12.02	1.25	0.22
French Toast - Camp	slices	1	117	27	267	0.67	1.20	33.3	0	0.0	3.67	20.33	2.0	0.50
Syrup Cups - Camp	portion pack	1	120	0	0	0.00	0.00	0.0	0	0.0	0.0	25.0	0.0	0.00
Bacon (EC)	3 strips	1	103	21	326	0.00	0.27	2.1	7	0.0	7.03	0.27	7.93	2.61
Sausage Substitute, Morning St	2 each	1	160	0	520	2.00	3.60	0.0	0	0.0	18.0	6.0	6.0	0.00
Weighted Daily Average			972	58	1853	9.98	11.51	454.1	1170	69.74	45.41	145.83	20.59	5.07
% of Calories											18.7%	60.0%	19.1%	4.7%
Nutrient Guideline			625				3.40	300.00	1125	14.40	12.50		<=30.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle Two Day 3														
Camp Bloomfield Breakfast	Total	1												
AM Fresh Fruit (EC)	1/2 cup	1	73	0	1	3.66	0.19	16.3	93	15.53	0.54	19.37	0.21	0.03
Orange Juice 3/1 mix Mc Cain	8 oz	1	120	0	1	0.27	0.23	13.3	53	43.87	1.33	29.33	0.08	0.01
MILK,1% Lowfat (nm)	HALF PINT	1	120	10	150	0.00	0.00	350.0	500	2.4	10.0	14.0	2.5	1.50
Assorted Breakfast Cereal (EC)	3/4 cup	1	88	0	164	1.46	5.16	23.9	517	7.94	1.78	19.5	0.62	0.20
Malt O' Meal (nm)	6 oz	1	10	0	284	0.00	0.76	5.7	0	0.0	0.28	2.07	0.02	0.00
Scrambled Eggs, HCl (EC)	3 oz	1	160	144	183	0.00	1.39	84.3	504	0.25	9.88	2.88	11.88	2.89
Hash Browns - Camp	Patty	1	127	0	224	1.95	0.35	0.0	0	4.68	0.97	13.64	7.8	0.97
Fresh Fruit Cup (nm)	1 cup	1	60	0	15	1.40	0.36	14.0	1624	44.09	1.02	15.23	0.24	0.05
Weighted Daily Average			758	154	1023	8.74	8.44	507.5	3292	118.76	25.80	116.03	23.34	5.65
% of Calories											13.6%	61.2%	27.7%	6.7%
Nutrient Guideline			625				3.40	300.00	1125	14.40	12.50		<=30.0	<10.00

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Huntington Culinary, Inc.

Camp Bloomfield Breakfast

Base Menu Spreadsheet

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle Two Day 4														
Camp Bloomfield Breakfast	Total	1												
AM Fresh Fruit (EC)	1/2 cup	1	73	0	1	3.66	0.19	16.3	93	15.53	0.54	19.37	0.21	0.03
Orange Juice 3/1 mix Mc Cain	8 oz	1	120	0	1	0.27	0.23	13.3	53	43.87	1.33	29.33	0.08	0.01
MILK,1% Lowfat (nm)	HALF PINT	1	120	10	150	0.00	0.00	350.0	500	2.4	10.0	14.0	2.5	1.50
Assorted Breakfast Cereal (EC)	3/4 cup	1	88	0	164	1.46	5.16	23.9	517	7.94	1.78	19.5	0.62	0.20
Cream of Wheat (EC)	6 oz	1	65	0	307	0.76	6.06	134.3	0	0.0	2.1	13.28	0.26	0.04
Pancake, Blueberry - Camp	2 each	1	224	0	710	1.25	2.81	101.5	16	0.23	5.07	48.02	1.5	0.50
Syrup Cups - Camp	portion pack	1	120	0	0	0.00	0.00	0.0	0	0.0	0.0	25.0	0.0	0.00
Sausage Link - Camp	2 links	1	300	45	350	0.00	0.36	0.0	0	0.0	5.0	3.0	28.0	10.00
Sausage Substitute, Morning St	2 each	1	160	0	520	2.00	3.60	0.0	0	0.0	18.0	6.0	6.0	0.00
Weighted Daily Average			1271	55	2203	9.40	18.41	639.3	1179	69.96	43.83	177.50	39.16	12.28
% of Calories											13.8%	55.9%	27.7%	8.7%
Nutrient Guideline			625				3.40	300.00	1125	14.40	12.50		<=30.0	<10.00

Weighted Average			1000	89	1693	9.38	12.79	533.6	1881	86.15	38.35	146.45	27.70	7.67
											15.3%	58.6%	24.9%	6.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1000		625	160%				
Cholesterol (mg)	89							
Sodium 1 (mg)	1693							
Sodium 2 (mg)	1693							
Fiber (g)	9.38							
Iron (mg)	12.79		3.40	376%				
Calcium (mg)	533.6		300.00	178%				
Vitamin A (IU)	1881		1125	167%				
Vitamin C (mg)	86.15		14.40	598%				
Protein (g)	38.35	15.33%	12.50	307%				
Carbohydrate (g)	146.45	58.56%						
Total Fat (g)	27.70	24.92%	<=30.00%					
Saturated Fat (g)	7.67	6.90%	<10.00%					

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Huntington Culinary, Inc.

Camp Bloomfield Lunch

Base Menu Spreadsheet

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle Two Day 2														
Camp Bloomfield Lunch	Total	1												
Soup Week 2 and 5	1 CUP	1	90	9	159	1.76	1.03	38.4	774	10.81	4.37	10.44	3.39	1.29
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	183	0.09	0.15	6.0	44	1.58	0.35	2.09	2.2	0.22
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	37	0	43	2.90	1.29	52.4	9816	20.14	2.09	7.51	0.38	0.05
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	2.16	9.2	17.2	1.5	0.90
Grilled Chicken Breast Sandwic	4 ounce	1	298	51	415	2.53	2.76	117.9	322	3.93	27.09	35.55	5.23	1.69
Grilled Chicken Subst Sandwich	4 ounce	1	327	0	972	4.53	3.74	126.0	305	3.93	15.38	51.52	7.06	1.01
MACARONI AND CHEESE (NEW)	1 CUP	1	306	16	592	1.55	1.53	289.4	608	1.04	16.97	33.79	11.01	3.98
Fresh Fruit Cup (nm)	1/2 cup	1	30	0	7	0.70	0.18	7.0	812	22.05	0.51	7.62	0.12	0.02
Weighted Daily Average			1362	85	2529	17.42	10.89	990.9	13281	122.37	76.69	198.83	31.11	9.21
% of Calories											22.5%	58.4%	20.6%	6.1%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle Two Day 3														
Camp Bloomfield Lunch	Total	1												
Soup Week 2 and 5	1 CUP	1	90	9	159	1.76	1.03	38.4	774	10.81	4.37	10.44	3.39	1.29
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	183	0.09	0.15	6.0	44	1.58	0.35	2.09	2.2	0.22
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	37	0	43	2.90	1.29	52.4	9816	20.14	2.09	7.51	0.38	0.05
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	2.16	9.2	17.2	1.5	0.90
BEEF BURRITO	1 EACH	1	298	36	592	2.61	3.51	180.8	509	3.74	18.83	27.11	12.46	5.02
BEAN BURRITO	SERVINGS	1	254	5	829	4.84	3.73	205.4	504	4.13	14.07	36.92	5.81	2.44
Spanish Rice, Lawrys	1/2 cup	1	139	0	24	0.34	1.15	8.8	0	0.0	2.01	22.41	4.3	0.34
Churro	10" each	1	130	10	115	1.00	1.80	0.0	0	0.0	2.0	13.0	8.0	2.00
Weighted Daily Average			1222	70	2102	16.89	12.86	845.5	12247	99.29	53.66	169.79	38.26	12.32
% of Calories											17.6%	55.6%	28.2%	9.1%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

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Huntington Culinary, Inc.

Base Menu Spreadsheet

Camp Bloomfield Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle Two Day 4														
Camp Bloomfield Lunch	Total	1												
Soup Week 2 and 5	1 CUP	1	90	9	159	1.76	1.03	38.4	774	10.81	4.37	10.44	3.39	1.29
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	183	0.09	0.15	6.0	44	1.58	0.35	2.09	2.2	0.22
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	37	0	43	2.90	1.29	52.4	9816	20.14	2.09	7.51	0.38	0.05
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	2.16	9.2	17.2	1.5	0.90
LASAGNA WITH GROUND BEEF	SERVINGS	1	282	39	326	2.60	2.96	301.4	849	9.43	18.68	27.87	10.24	5.58
VEGETABLE LASAGNA	SERVINGS	1	280	15	1209	3.98	2.99	258.9	1015	20.01	20.54	35.03	6.4	3.16
Green Beans, Frozen (nm)	1/2 cup	1	19	0	1	2.03	0.45	28.4	283	2.77	1.01	4.35	0.11	0.03
Garlic Bread	pieces	1	129	10	182	0.54	0.80	24.5	143	0.58	2.53	13.76	6.96	2.83
Pudding, Chocolate	1/2 cup	1	137	9	154	0.85	0.67	148.4	250	1.16	4.91	24.57	2.34	1.46
Weighted Daily Average			1248	91	2415	18.10	10.55	1212.2	13773	125.37	64.41	175.95	33.75	15.57
% of Calories											20.6%	56.4%	24.3%	11.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

Cycle Two Trail Lunch														
Camp Bloomfield Lunch	Total	1												
Turkey Sandwich	1 each	1	323	63	351	2.86	3.36	101.1	306	4.05	31.03	29.79	8.26	2.25
Cheese Sandwich	1 each	1	315	40	903	2.32	2.19	338.9	516	0.12	15.64	28.91	15.17	8.83
Potato Chips, Baked (nm)	bag	1	143	0	220	2.00	0.47	40.1	0	0.0	2.0	24.04	3.0	0.50
APPLES, Fresh (nm)	1 EACH	1	72	0	1	3.31	0.17	8.3	75	6.35	0.36	19.06	0.23	0.04
COOKIES, CHOC SNDWCH, W/CRE ME FI	3	1	139	0	116	0.87	3.64	6.3	1	0.0	1.56	21.3	5.74	1.69
Weighted Daily Average			992	103	1592	11.36	9.83	494.6	897	10.51	50.59	123.09	32.41	13.30
% of Calories											20.4%	49.7%	29.4%	12.1%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

Weighted Average			1206	87	2160	15.94	11.03	885.8	10050	89.39	61.34	166.92	33.88	12.60
											20.3%	55.4%	25.3%	9.4%

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Huntington Culinary, Inc.

Base Menu Spreadsheet

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage									
Calories	1206		846	143%												
Cholesterol (mg)	87															
Sodium 1 (mg)	2160															
Sodium 2 (mg)	2160															
Fiber (g)	15.94															
Iron (mg)	11.03		4.50	245%												
Calcium (mg)	885.8		400.00	221%												
Vitamin A (IU)	10050		1500	670%												
Vitamin C (mg)	89.39		19.20	466%												
Protein (g)	61.34	20.35%	16.70	367%												
Carbohydrate (g)	166.92	55.37%														
Total Fat (g)	33.88	25.29%	<=40.00%													
Saturated Fat (g)	12.60	9.41%	<10.00%													

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Huntington Culinary, Inc.

Camp Bloomfield Dinner

Base Menu Spreadsheet

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle Two Day One														
Camp Bloomfield Dinner	Total	1												
Soup Week 2 and 5	1 CUP	1	90	9	159	1.76	1.03	38.4	774	10.81	4.37	10.44	3.39	1.29
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	183	0.09	0.15	6.0	44	1.58	0.35	2.09	2.2	0.22
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	38.4	0.0	13.44	0.0	0.00
Caesar Salad, side (nm)	1 cup	1	169	10	375	1.33	0.64	53.8	4949	2.27	10.86	5.61	15.16	2.72
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	2.16	9.2	17.2	1.5	0.90
Spaghetti Marinara (101)	1 cup	1	188	0	125	3.33	2.65	61.9	802	21.68	7.06	39.66	0.83	0.15
Meat Balls (nm)	1 each	1	206	67	76	1.36	2.23	44.0	136	1.68	16.28	7.96	11.83	4.36
MIXED VEGETABLES:frozen,boiled	1 CUP	1	63	0	41	3.52	0.84	22.0	4469	9.15	2.93	11.85	0.46	0.09
Garlic Bread	pieces	1	129	10	182	0.54	0.80	24.5	143	0.58	2.53	13.76	6.96	2.83
Italian Ice Cup, Cherry	4 oz	1	115	0	0	0.00	0.00	0.0	0	50.0	0.0	28.5	0.08	0.00
Weighted Daily Average			1235	106	1299	15.29	8.54	604.4	11916	156.65	54.31	170.19	42.63	12.61
% of Calories											17.6%	55.1%	31.1%	9.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle Two Day Two														
Camp Bloomfield Dinner	Total	1												
Soup Week 2 and 5	1 CUP	1	90	9	159	1.76	1.03	38.4	774	10.81	4.37	10.44	3.39	1.29
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	183	0.09	0.15	6.0	44	1.58	0.35	2.09	2.2	0.22
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	37	0	43	2.90	1.29	52.4	9816	20.14	2.09	7.51	0.38	0.05
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	2.16	9.2	17.2	1.5	0.90
Beef, Brisket, BBQ (nm)	3.5 ounces	1	433	132	624	0.71	4.44	27.9	329	0.31	42.67	21.28	18.47	8.35
Black Bean Burger - Camp	Patty	1	161	0	463	6.04	1.81	80.5	0	0.0	14.08	18.11	6.04	1.01
Garlic Mashed Potatoes (nm)	1 CUP	1	204	16	411	2.65	0.52	87.7	328	31.98	5.3	33.73	5.78	3.54
Gravy, Brown (nm)	1 FL OZ	1	19	0	34	0.08	0.13	1.6	70	0.03	0.39	2.04	0.9	0.19
Buttermilk Biscuit (nm)	1 each	1	191	2	544	1.03	1.17	105.4	54	0.23	4.16	27.59	6.9	1.59
BROWNIES	SERVINGS	1	152	29	81	1.49	1.02	22.8	38	0.0	2.42	23.41	6.32	2.33
Weighted Daily Average			1561	198	2700	20.10	11.76	776.5	12052	123.98	85.78	196.52	52.10	19.53
% of Calories											22.0%	50.3%	30.0%	11.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

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Huntington Culinary, Inc.

Camp Bloomfield Dinner

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Cycle Two Day Three														
Camp Bloomfield Dinner	Total	1												
Soup Week 2 and 5	1 CUP	1	90	9	159	1.76	1.03	38.4	774	10.81	4.37	10.44	3.39	1.29
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	183	0.09	0.15	6.0	44	1.58	0.35	2.09	2.2	0.22
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	37	0	43	2.90	1.29	52.4	9816	20.14	2.09	7.51	0.38	0.05
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	2.16	9.2	17.2	1.5	0.90
Chicken Tenders	4 oz	1	326	70	1402	0.28	5.66	15.8	30	1.46	26.42	17.51	16.86	1.39
Chicken Substitute Tenders	2 each	1	280	0	1178	3.99	3.59	39.9	0	0.0	15.97	31.94	9.98	1.00
BARBECUE SAUCE	2 TBSP	1	12	0	58	0.03	0.04	2.2	34	0.29	0.1	3.09	0.01	0.00
RANCH DRESSING	2 TBSP	1	40	4	193	0.11	0.07	34.9	20	0.46	1.12	2.55	3.03	0.54
Rice, Confetti	4 oz	1	147	1	19	2.49	1.58	16.3	205	6.0	3.74	27.62	2.23	0.29
Cole Slaw (nm)	1/2 CUP	1	58	4	114	1.00	0.24	17.3	1623	11.04	0.67	5.34	4.23	0.42
ICE CREAM,VANILLA	1/2 cup	1	149	32	58	0.50	0.06	92.2	303	0.43	2.52	16.99	7.92	4.89
Weighted Daily Average			1413	130	3564	16.50	13.92	669.2	13448	111.10	67.28	175.41	51.96	11.04
% of Calories											19.1%	49.7%	33.1%	7.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20	16.70		<=40.0	<10.00

Weighted Average			1403	144	2521	17.30	11.40	683.4	12472	130.58	69.12	180.71	48.90	14.39
											19.7%	51.5%	31.4%	9.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1403		846	166%				
Cholesterol (mg)	144							
Sodium 1 (mg)	2521							
Sodium 2 (mg)	2521							
Fiber (g)	17.30							
Iron (mg)	11.40		4.50	253%				
Calcium (mg)	683.4		400.00	171%				
Vitamin A (IU)	12472		1500	831%				
Vitamin C (mg)	130.58		19.20	680%				
Protein (g)	69.12	19.71%	16.70	414%				
Carbohydrate (g)	180.71	51.52%						
Total Fat (g)	48.90	31.37%	<=40.00%					
Saturated Fat (g)	14.39	9.23%	<10.00%					

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