

# Camp Bloomfield – Conejo Valley USD Outdoor School

## Weekly Menu

Cycle One – 2017

*Sycamore Canyon (2/7 to 2/10); Colina MS #2 (2/21 to 2/24);  
Los Cerritos MS #2 (3/7 to 3/10); and Redwood MS #2 (3/21 to 3/24); and Sequoia MS #2 (4/3 to 4/6)*

### 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 - 2017

*Colina MS #1 (2/13 to 2/16); Los Cerritos MS #1 (2/28 to 3/3);  
Redwood MS #1 (3/14 to 3/17); and Sequoia MS #2 (3/28 to 3/31)*

### 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.

# Cycle No. 2 thru Cycle No. 4

Base Menu Spreadsheet

Camp Bloomfield Breakfast

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Cycle One Day 2</b>															
Camp Bloomfield Breakfast	Total	1													
AM Fresh Fruit (EC)	1/2 cup	1	73	0	1	3.66	0.19	16.3	93	8	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	11	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	100	2.4	10.0	14.0	2.5	1.50
Assorted Breakfast Cereal (EC)	3/4 cup	1	87	0	179	1.58	5.14	24.2	444	201	7.89	1.76	19.47	0.61	0.19
Oatmeal, Hot Cereal (EC)	6 oz	1	71	0	430	1.92	0.86	15.2	0	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	700	0.0	4.0	33.0	7.0	1.00
Syrup Cups - Camp	portion pac	1	120	0	0	0.00	0.00	0.0	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	0.0	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	0.0	18.0	6.0	6.0	0.00
Weighted Daily Average			1063	31	1987	10.43	12.99	501.1	4597	1021	69.69	45.72	158.47	25.58	5.56
% of Calories												17.2%	59.6%	21.7%	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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Cycle One Day 3</b>															
Camp Bloomfield Breakfast	Total	1													
AM Fresh Fruit (EC)	1/2 cup	1	73	0	1	3.66	0.19	16.3	93	8	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	11	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	100	2.4	10.0	14.0	2.5	1.50
Assorted Breakfast Cereal (EC)	3/4 cup	1	87	0	179	1.58	5.14	24.2	444	201	7.89	1.76	19.47	0.61	0.19
Cream of Wheat (EC)	6 oz	1	65	0	311	0.76	6.06	134.3	0	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	174	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	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	146	44.09	1.02	15.23	0.24	0.05
Weighted Daily Average			812	154	1064	9.62	13.73	636.4	3219	641	118.71	27.60	127.21	23.57	5.68
% of Calories												13.6%	62.7%	26.1%	6.3%
Nutrient Guideline			625				3.40	300.00	1125		14.40	12.50		<=30.0	<10.00

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Huntington Culinary, Inc.

Base Menu Spreadsheet

Portion Values - Detailed

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# Cycle No. 2 thru Cycle No. 4

Camp Bloomfield Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	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	8	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	11	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	100	2.4	10.0	14.0	2.5	1.50
Assorted Breakfast Cereal (EC)	3/4 cup	1	87	0	179	1.58	5.14	24.2	444	201	7.89	1.76	19.47	0.61	0.19
Malt O' Meal (nm)	6 oz	1	10	0	288	0.00	0.76	5.7	0	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	0.0	5.0	47.0	1.5	0.50
Syrup Cups - Camp	portion pac	1	120	0	0	0.00	0.00	0.0	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	0.0	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	0.0	18.0	6.0	6.0	0.00
Weighted Daily Average			1210	55	2200	8.50	12.98	509.6	1090	321	69.69	41.91	165.24	38.92	12.23
% of Calories												13.9%	54.6%	29.0%	9.1%
Nutrient Guideline			625				3.40	300.00	1125		14.40	12.50		<=30.0	<10.00

Weighted Average			1028	80	1750	9.52	13.23	549.0	2969	661	86.03	38.41	150.31	29.36	7.82
												14.9%	58.5%	25.7%	6.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1028		625	165%				
Cholesterol (mg)	80							
Sodium (mg)	1750							
Fiber (g)	9.52							
Iron (mg)	13.23		3.40	389%				
Calcium (mg)	549.0		300.00	183%				
Vitamin A (IU)	2969		1125	264%				
Vitamin A (RE)	661		225	294%				
Vitamin C (mg)	86.03		14.40	597%				
Protein (g)	38.41	14.94%	12.50	307%				
Carbohydrate (g)	150.31	58.46%						
Total Fat (g)	29.36	25.70%	<=30.00%					
Saturated Fat (g)	7.82	6.85%	<10.00%					

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# Huntington Culinary, Inc.

# Cycle No. 2 thru Cycle No. 5

## 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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Cycle One Day 2</b>															
Camp Bloomfield Lunch	Total	1													
Soup Week 1 & 4	8 OZ	1	126	21	115	2.42	1.21	42.5	915	146	3.91	9.44	11.79	4.36	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	10	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	176	0.09	0.15	5.9	40	8	1.55	0.35	1.84	2.2	0.23
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	100	2.16	9.2	17.2	1.5	0.90
Cheeseburger	1 EACH	1	412	81	735	1.42	3.28	381.9	626	104	4.48	24.11	23.97	24.03	11.01
Cheeseburger, Vegetarian	1 EACH	1	368	28	1276	3.41	3.56	394.9	626	104	4.48	17.67	39.94	15.35	6.00
FRENCH FRIES: deep fry	1 CUP	1	180	7	123	1.82	0.43	10.8	0	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	248	25	2.3	2.12	37.07	0.08	0.01
Weighted Daily Average			1528	147	2707	15.26	9.95	1224.6	8850	1077	94.03	67.04	191.21	57.40	23.33
% of Calories												17.6%	50.1%	33.8%	13.7%
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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Cycle One Day 3</b>															
Camp Bloomfield Lunch	Total	1													
Soup Week 1 & 4	8 OZ	1	126	21	115	2.42	1.21	42.5	915	146	3.91	9.44	11.79	4.36	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	10	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	176	0.09	0.15	5.9	40	8	1.55	0.35	1.84	2.2	0.23
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	100	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	60	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	60	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	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	15108	2482	7.49	1.33	10.63	0.34	0.07
ICE CREAM, VANILLA	1/2 cup	1	149	32	58	0.50	0.06	92.2	303	84	0.43	2.52	16.99	7.92	4.89
Weighted Daily Average			1658	123	2565	17.38	8.84	992.4	23560	3529	90.70	58.45	214.31	65.45	29.93
% of Calories												14.1%	51.7%	35.5%	16.2%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=40.0	<10.00

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# Huntington Culinary, Inc.

# Cycle No. 2 thru Cycle No. 5

## 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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Cycle One Day 4</b>															
Camp Bloomfield Lunch	Total	1													
Soup Week 1 & 4	8 OZ	1	126	21	115	2.42	1.21	42.5	915	146	3.91	9.44	11.79	4.36	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	10	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	176	0.09	0.15	5.9	40	8	1.55	0.35	1.84	2.2	0.23
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	100	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	0.0	19.32	25.65	22.16	7.20
TATER TOTS	1 cup	1	275	0	925	3.97	1.93	37.2	20	2	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	15108	2482	7.49	1.33	10.63	0.34	0.07
Pudding, Chocolate	1/2 cup	1	137	9	154	0.85	0.67	148.4	250	70	1.16	4.91	24.57	2.34	1.46
Weighted Daily Average			1271	161	3534	16.91	8.44	835.2	22726	3397	94.11	50.56	166.31	46.63	17.48
% of Calories												15.9%	52.3%	33.0%	12.4%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=40.0	<10.00

<b>Cycle One Trail Lunch</b>															
Camp Bloomfield Lunch	Total	1													
Turkey Sandwich	1 each	1	325	63	358	2.97	3.38	104.0	306	22	4.05	30.83	30.24	8.37	2.26
Cheese Sandwich	1 each	1	316	40	909	2.44	2.21	341.8	516	123	0.12	15.43	29.37	15.28	8.84
Potato Chips, Baked (nm)	bag	1	143	0	220	2.00	0.47	40.1	0	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	7	6.35	0.36	19.06	0.23	0.04
COOKIES,CHOC SNDWCH,W/CR	3	1	141	0	138	0.84	2.60	6.6	1	0	0.0	1.68	21.2	5.93	1.91
EME FI															
Weighted Daily Average			996	103	1627	11.56	8.83	500.7	897	152	10.51	50.31	123.90	32.83	13.56
% of Calories												20.2%	49.7%	29.7%	12.2%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=40.0	<10.00

Weighted Average			1363	133	2608	15.28	9.02	888.2	14008	2039	72.34	56.59	173.93	50.58	21.08
												16.6%	51.0%	33.4%	13.9%

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# Huntington Culinary, Inc.

Cycle No. 2 thru Cycle No. 5

Base Menu Spreadsheet

Camp Bloomfield Lunch

Portion Values - Detailed

Page 3

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)	
Calories	1363		846		161%													
Cholesterol (mg)	133																	
Sodium (mg)	2608																	
Fiber (g)	15.28																	
Iron (mg)	9.02		4.50		200%													
Calcium (mg)	888.2		400.00		222%													
Vitamin A (IU)	14008		1500		934%													
Vitamin A (RE)	2039		300		680%													
Vitamin C (mg)	72.34		19.20		377%													
Protein (g)	56.59	16.60%	16.70		339%													
Carbohydrate (g)	173.93	51.03%																
Total Fat (g)	50.58	33.39%	<=40.00%															
Saturated Fat (g)	21.08	13.91%	<10.00%															Correction Required - Sat. Fat too High

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# Huntington Culinary, Inc.

# Cycle No. 51 thru Cycle No. 53

## Base Menu Spreadsheet

## Camp Bloomfield Dinner

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Cycle One Day One</b>															
Camp Bloomfield Dinner	Total	1													
Soup Week 1 & 4	8 OZ	1	126	21	115	2.42	1.21	42.5	915	146	3.91	9.44	11.79	4.36	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	10	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	176	0.09	0.15	5.9	40	8	1.55	0.35	1.84	2.2	0.23
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	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	150	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	100	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	0.0	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	0.0	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	0	62.89	3.79	29.01	4.49	0.33
PEAS: frozen,boiled	1 CUP	1	125	0	115	8.80	2.43	38.4	3360	107	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	0.0	5.0	22.0	1.5	0.00
Cup Cakes	1 each	1	293	0	247	0.64	1.41	103.6	72	22	0.13	4.54	43.04	11.58	2.94
Weighted Daily Average			1900	192	2886	25.02	18.49	696.3	9934	542	145.48	111.75	213.86	66.68	13.24
% of Calories											23.5%	45.0%	31.6%	6.3%	
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=40.0	<10.00

<b>Cycle One Day Two</b>															
Camp Bloomfield Dinner	Total	1													
Soup Week 1 & 4	8 OZ	1	126	21	115	2.42	1.21	42.5	915	146	3.91	9.44	11.79	4.36	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	10	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	176	0.09	0.15	5.9	40	8	1.55	0.35	1.84	2.2	0.23
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	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	150	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	100	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	152	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	152	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	5321	902	39.37	1.76	6.59	0.32	0.06
Garlic Bread	pieces	1	129	10	178	0.54	0.80	28.2	142	25	0.58	2.67	13.62	6.97	2.86
Italian Ice Cup, Cherry	4 oz	1	115	0	0	0.00	0.00	0.0	0	0	50.0	0.0	28.5	0.08	0.00
Weighted Daily Average			1429	129	1361	19.12	10.79	655.2	13569	1645	199.94	71.50	197.72	46.06	13.69
% of Calories											20.0%	55.4%	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.

Cycle No. 51 thru Cycle No. 53

Base Menu Spreadsheet

Camp Bloomfield Dinner

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	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	2.42	1.21	42.5	915	146	3.91	9.44	11.79	4.36	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	10	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	176	0.09	0.15	5.9	40	8	1.55	0.35	1.84	2.2	0.23
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	100	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	20	4.8	12.0	39.0	15.0	5.00
BEAN BURRITO	SERVINGS	1	288	13	662	4.69	3.37	306.0	801	160	10.09	14.81	40.01	7.93	3.52
Salsa (nm)	ounce	1	7	0	68	0.34	0.11	3.8	215	18	6.04	0.33	1.48	0.06	0.01
Sour Cream (nm)	ounce	1	57	14	14	0.00	0.00	18.9	189	38	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	22	6.47	19.7	57.7	14.33	1.96
Churro	10" each	1	130	10	115	1.00	1.80	0.0	0	0	0.0	2.0	13.0	8.0	2.00
Weighted Daily Average			1686	93	2255	29.79	14.98	967.7	8873	1101	104.30	70.62	220.75	59.48	18.23
% of Calories												16.8%	52.4%	31.7%	9.7%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=40.0	<10.00

Weighted Average			1672	138	2167	24.65	14.76	773.1	10792	1096	149.90	84.62	210.78	57.41	15.05
												20.2%	50.4%	30.9%	8.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1672		846	198%				
Cholesterol (mg)	138							
Sodium (mg)	2167							
Fiber (g)	24.65							
Iron (mg)	14.76		4.50	328%				
Calcium (mg)	773.1		400.00	193%				
Vitamin A (IU)	10792		1500	719%				
Vitamin A (RE)	1096		300	365%				
Vitamin C (mg)	149.90		19.20	781%				
Protein (g)	84.62	20.25%	16.70	507%				
Carbohydrate (g)	210.78	50.43%						
Total Fat (g)	57.41	30.91%	<=40.00%					
Saturated Fat (g)	15.05	8.10%	<10.00%					

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# Huntington Culinary, Inc.

# Cycle No. 9 thru Cycle No. 11

Base Menu Spreadsheet

Camp Bloomfield Breakfast

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Cycle Two Day 2</b>															
Camp Bloomfield Breakfast	Total	1													
AM Fresh Fruit (EC)	1/2 cup	1	73	0	1	3.66	0.19	16.3	93	8	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	11	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	100	2.4	10.0	14.0	2.5	1.50
Assorted Breakfast Cereal (EC)	3/4 cup	1	87	0	179	1.58	5.14	24.2	444	201	7.89	1.76	19.47	0.61	0.19
Oatmeal, Hot Cereal (EC)	6 oz	1	71	0	430	1.92	0.86	15.2	0	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	0.0	3.67	20.33	2.0	0.50
Syrup Cups - Camp	portion pac	1	120	0	0	0.00	0.00	0.0	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	0.0	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	0.0	18.0	6.0	6.0	0.00
Weighted Daily Average			970	58	1874	10.09	11.49	454.5	1097	321	69.69	45.39	145.80	20.58	5.06
% of Calories												18.7%	60.1%	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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Cycle Two Day 3</b>															
Camp Bloomfield Breakfast	Total	1													
AM Fresh Fruit (EC)	1/2 cup	1	73	0	1	3.66	0.19	16.3	93	8	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	11	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	100	2.4	10.0	14.0	2.5	1.50
Assorted Breakfast Cereal (EC)	3/4 cup	1	87	0	179	1.58	5.14	24.2	444	201	7.89	1.76	19.47	0.61	0.19
Malt O' Meal (nm)	6 oz	1	10	0	288	0.00	0.76	5.7	0	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	174	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	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	146	44.09	1.02	15.23	0.24	0.05
Weighted Daily Average			756	154	1041	8.86	8.43	507.8	3219	641	118.71	25.78	116.00	23.34	5.64
% of Calories												13.6%	61.3%	27.8%	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.

# Cycle No. 9 thru Cycle No. 11

Base Menu Spreadsheet

Camp Bloomfield Breakfast

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	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	8	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	11	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	100	2.4	10.0	14.0	2.5	1.50
Assorted Breakfast Cereal (EC)	3/4 cup	1	87	0	179	1.58	5.14	24.2	444	201	7.89	1.76	19.47	0.61	0.19
Cream of Wheat (EC)	6 oz	1	65	0	311	0.76	6.06	134.3	0	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	3	0.23	5.07	48.02	1.5	0.50
Syrup Cups - Camp	portion pac	1	120	0	0	0.00	0.00	0.0	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	0.0	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	0.0	18.0	6.0	6.0	0.00
Weighted Daily Average			1270	55	2222	9.52	18.39	639.7	1106	324	69.92	43.80	177.47	39.16	12.27
% of Calories												13.8%	55.9%	27.8%	8.7%
Nutrient Guideline			625				3.40	300.00	1125		14.40	12.50		<=30.0	<10.00

Weighted Average			999	89	1712	9.49	12.77	534.0	1808	428	86.11	38.32	146.42	27.69	7.66
												15.3%	58.6%	25.0%	6.9%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	999		625	160%				
Cholesterol (mg)	89							
Sodium (mg)	1712							
Fiber (g)	9.49							
Iron (mg)	12.77		3.40	376%				
Calcium (mg)	534.0		300.00	178%				
Vitamin A (IU)	1808		1125	161%				
Vitamin A (RE)	428		225	190%				
Vitamin C (mg)	86.11		14.40	598%				
Protein (g)	38.32	15.35%	12.50	307%				
Carbohydrate (g)	146.42	58.65%						
Total Fat (g)	27.69	24.96%	<=30.00%					
Saturated Fat (g)	7.66	6.90%	<10.00%					

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# Huntington Culinary, Inc.

# Cycle No. 2 thru Cycle No. 5

## 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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Cycle One Day 2</b>															
Camp Bloomfield Lunch	Total	1													
Soup Week 1 & 4	8 OZ	1	126	21	115	2.42	1.21	42.5	915	146	3.91	9.44	11.79	4.36	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	10	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	176	0.09	0.15	5.9	40	8	1.55	0.35	1.84	2.2	0.23
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	100	2.16	9.2	17.2	1.5	0.90
Cheeseburger	1 EACH	1	412	81	735	1.42	3.28	381.9	626	104	4.48	24.11	23.97	24.03	11.01
Cheeseburger, Vegetarian	1 EACH	1	368	28	1276	3.41	3.56	394.9	626	104	4.48	17.67	39.94	15.35	6.00
FRENCH FRIES: deep fry	1 CUP	1	180	7	123	1.82	0.43	10.8	0	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	248	25	2.3	2.12	37.07	0.08	0.01
Weighted Daily Average			1528	147	2707	15.26	9.95	1224.6	8850	1077	94.03	67.04	191.21	57.40	23.33
% of Calories												17.6%	50.1%	33.8%	13.7%
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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Cycle One Day 3</b>															
Camp Bloomfield Lunch	Total	1													
Soup Week 1 & 4	8 OZ	1	126	21	115	2.42	1.21	42.5	915	146	3.91	9.44	11.79	4.36	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	10	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	176	0.09	0.15	5.9	40	8	1.55	0.35	1.84	2.2	0.23
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	100	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	60	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	60	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	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	15108	2482	7.49	1.33	10.63	0.34	0.07
ICE CREAM, VANILLA	1/2 cup	1	149	32	58	0.50	0.06	92.2	303	84	0.43	2.52	16.99	7.92	4.89
Weighted Daily Average			1658	123	2565	17.38	8.84	992.4	23560	3529	90.70	58.45	214.31	65.45	29.93
% of Calories												14.1%	51.7%	35.5%	16.2%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=40.0	<10.00

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# Huntington Culinary, Inc.

# Cycle No. 2 thru Cycle No. 5

Base Menu Spreadsheet

Camp Bloomfield Lunch

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Cycle One Day 4</b>															
Camp Bloomfield Lunch	Total	1													
Soup Week 1 & 4	8 OZ	1	126	21	115	2.42	1.21	42.5	915	146	3.91	9.44	11.79	4.36	1.24
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	10	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	176	0.09	0.15	5.9	40	8	1.55	0.35	1.84	2.2	0.23
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	100	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	0.0	19.32	25.65	22.16	7.20
TATER TOTS	1 cup	1	275	0	925	3.97	1.93	37.2	20	2	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	15108	2482	7.49	1.33	10.63	0.34	0.07
Pudding, Chocolate	1/2 cup	1	137	9	154	0.85	0.67	148.4	250	70	1.16	4.91	24.57	2.34	1.46
Weighted Daily Average			1271	161	3534	16.91	8.44	835.2	22726	3397	94.11	50.56	166.31	46.63	17.48
% of Calories												15.9%	52.3%	33.0%	12.4%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=40.0	<10.00

<b>Cycle One Trail Lunch</b>															
Camp Bloomfield Lunch	Total	1													
Turkey Sandwich	1 each	1	325	63	358	2.97	3.38	104.0	306	22	4.05	30.83	30.24	8.37	2.26
Cheese Sandwich	1 each	1	316	40	909	2.44	2.21	341.8	516	123	0.12	15.43	29.37	15.28	8.84
Potato Chips, Baked (nm)	bag	1	143	0	220	2.00	0.47	40.1	0	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	7	6.35	0.36	19.06	0.23	0.04
COOKIES,CHOC SNDWCH,W/CR	3	1	141	0	138	0.84	2.60	6.6	1	0	0.0	1.68	21.2	5.93	1.91
EME FI															
Weighted Daily Average			996	103	1627	11.56	8.83	500.7	897	152	10.51	50.31	123.90	32.83	13.56
% of Calories												20.2%	49.7%	29.7%	12.2%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=40.0	<10.00

Weighted Average			1363	133	2608	15.28	9.02	888.2	14008	2039	72.34	56.59	173.93	50.58	21.08
												16.6%	51.0%	33.4%	13.9%

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# Huntington Culinary, Inc.

Cycle No. 2 thru Cycle No. 5

Base Menu Spreadsheet

Camp Bloomfield Lunch

Portion Values - Detailed

Page 3

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	1363		846		161%												
Cholesterol (mg)	133																
Sodium (mg)	2608																
Fiber (g)	15.28																
Iron (mg)	9.02		4.50		200%												
Calcium (mg)	888.2		400.00		222%												
Vitamin A (IU)	14008		1500		934%												
Vitamin A (RE)	2039		300		680%												
Vitamin C (mg)	72.34		19.20		377%												
Protein (g)	56.59	16.60%	16.70		339%												
Carbohydrate (g)	173.93	51.03%															
Total Fat (g)	50.58	33.39%			<=40.00%												
Saturated Fat (g)	21.08	13.91%			<10.00%												Correction Required - Sat. Fat too High

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# Huntington Culinary, Inc.

# Cycle No. 55 thru Cycle No. 57

## Base Menu Spreadsheet

## Camp Bloomfield Dinner

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Cycle Two Day One</b>															
Camp Bloomfield Dinner	Total	1													
Soup Week 2 and 5	1 CUP	1	98	10	162	1.84	1.07	39.5	778	136	10.85	4.48	11.45	3.76	1.45
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	10	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	176	0.09	0.15	5.9	40	8	1.55	0.35	1.84	2.2	0.23
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	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	150	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	100	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	152	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	126	24	1.68	16.28	7.96	11.83	4.47
MIXED VEGETABLES:frozen,boiled	1 CUP	1	56	0	41	3.52	0.84	22.0	4469	447	9.15	2.93	11.84	0.46	0.09
Garlic Bread	pieces	1	129	10	178	0.54	0.80	28.2	142	25	0.58	2.67	13.62	6.97	2.86
Italian Ice Cup, Cherry	4 oz	1	115	0	0	0.00	0.00	0.0	0	0	50.0	0.0	28.5	0.08	0.00
Weighted Daily Average			1236	107	1292	15.36	8.58	609.0	11904	1052	156.66	54.57	170.79	43.02	12.91
% of Calories												17.7%	55.3%	31.3%	9.4%
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-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Cycle Two Day Two</b>															
Camp Bloomfield Dinner	Total	1													
Soup Week 2 and 5	1 CUP	1	98	10	162	1.84	1.07	39.5	778	136	10.85	4.48	11.45	3.76	1.45
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	10	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	176	0.09	0.15	5.9	40	8	1.55	0.35	1.84	2.2	0.23
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	100	2.16	9.2	17.2	1.5	0.90
Beef, Brisket, BBQ	3.5 ounces	1	426	132	582	0.67	4.41	26.6	320	67	0.29	42.64	19.6	18.45	8.35
Black Bean Burger - Camp	Patty	1	161	0	463	6.04	1.81	80.5	0	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	87	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	14	0.03	0.39	2.03	0.9	0.19
Buttermilk Biscuit (nm)	1 each	1	191	2	544	1.03	1.17	105.4	54	15	0.23	4.16	27.59	6.9	1.59
BROWNIES	SERVINGS	1	151	29	108	1.40	1.00	25.0	44	9	0.0	2.4	23.22	6.33	1.77
Weighted Daily Average			1543	199	2657	18.68	11.20	752.9	8027	1025	116.38	84.86	191.62	52.27	19.10
% of Calories												22.0%	49.7%	30.5%	11.1%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=40.0	<10.00

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# Huntington Culinary, Inc.

Cycle No. 55 thru Cycle No. 57

Base Menu Spreadsheet

Camp Bloomfield Dinner

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	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	98	10	162	1.84	1.07	39.5	778	136	10.85	4.48	11.45	3.76	1.45
Assorted Fresh Fruit Bowl	1 each	1	75	0	1	3.35	0.21	16.7	99	10	18.34	0.74	19.67	0.23	0.05
Lunch Condiments, LeRoy's (nm)	serving	1	28	1	176	0.09	0.15	5.9	40	8	1.55	0.35	1.84	2.2	0.23
Lunch Beverages	1 cup	1	51	0	7	0.00	0.00	7.1	0	0	38.4	0.0	13.44	0.0	0.00
GARDEN SALAD	1/2 CUP	1	19	0	19	1.54	0.73	26.8	5795	579	12.55	1.11	3.74	0.2	0.03
MILK, Variety - SV	HALF PINT	1	120	8	150	0.00	0.00	330.0	500	100	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	6	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	0.0	15.97	31.94	9.98	1.00
BARBECUE SAUCE	2 TBSP	1	48	0	309	0.40	0.30	10.0	261	52	4.0	0.45	12.48	0.1	0.02
RANCH DRESSING	2 TBSP	1	35	5	181	0.10	0.10	35.0	26	5	0.5	1.05	3.5	1.88	0.52
Rice, Confetti	4 oz	1	147	1	19	2.49	1.58	16.3	205	20	6.0	3.74	27.63	2.23	0.29
Cole Slaw (nm)	1/2 CUP	1	58	4	114	1.00	0.25	17.4	1633	272	11.04	0.67	5.34	4.24	0.42
ICE CREAM,VANILLA	1/2 cup	1	149	32	58	0.50	0.06	92.2	303	84	0.43	2.52	16.99	7.92	4.89
Weighted Daily Average			1434	131	3775	15.59	13.70	652.7	9671	1274	107.28	66.70	182.73	51.09	11.17
% of Calories												18.6%	51.0%	32.1%	7.0%
Nutrient Guideline			846				4.50	400.00	1500		19.20	16.70		<=40.0	<10.00

Weighted Average			1405	146	2575	16.55	11.16	671.5	9867	1117	126.77	68.71	181.72	48.79	14.39
												19.6%	51.8%	31.3%	9.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1405		846	166%				
Cholesterol (mg)	146							
Sodium (mg)	2575							
Fiber (g)	16.55							
Iron (mg)	11.16		4.50	248%				
Calcium (mg)	671.5		400.00	168%				
Vitamin A (IU)	9867		1500	658%				
Vitamin A (RE)	1117		300	372%				
Vitamin C (mg)	126.77		19.20	660%				
Protein (g)	68.71	19.57%	16.70	411%				
Carbohydrate (g)	181.72	51.75%						
Total Fat (g)	48.79	31.27%	<=40.00%					
Saturated Fat (g)	14.39	9.22%	<10.00%					

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