

Group: D Bar A Scout Ranch Menu, Week two *See summary of menu on review page- Carol Witte, RDN*

*Carol Witte, R.D.*

	SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>BREAKFAST</b>		PAX	PAX	PAX	PAX	PAX	PAX	
Main		Scr.eggs, ssge crumble, diced potatoes w/ sliced sausage, molasses bread	Pancakes, blueberry syrup, sliced Hormel sausage links, syrup	Warm biscuits, sausage gravy, diced roasted potatoes	Scout scramble w/ eggs, bacon, sausage crumble, tstd English muffin,	French toast, strawberry syrup, whipped topping, Hormel sausage patty	Cinnamon rolls, oatmeal w/ berry syrup	
Fruit		Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	
Juice		Aj, coffee, milk	Oj, coffee, milk	Pog, coffee, milk	Aj, coffee, milk	Oj, coffee, milk	Pog, coffee, milk	
		Cold cereal	Cold cereal	Cold cereal	Cold cereal	Cold cereal	Cold cereal	
<b>LUNCH</b>								
Main		Meatballs in marinara, mozza cheese, potato chips, pasta salad	Grilled chx Caesar wrap, parm cheese, Italian veg.	Baked potato, cowboy chili, shred cheese	Chx tenders, ranch, potato chips, corn on the cob	Beef burger patty, sliced am cheese potato wedges, lettuce, pickles		
Salad		Salad bar	Salad Bar	Salad bar	Salad bar	Salad bar		
Bread		Hoagie bun	10' flour tortilla	Corn bread		Hamburger bun		
Cookie		Choc chip	Oatmeal raisin	Sugar cookie	Choc chip cookie	Oatmeal raisin		
Beverage		Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk		
Fruit		Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit		
<b>DINNER</b>				<b>Parents Night</b>				
Main	Beef meat loaf, mashed potatoes, gravy, brown sugar carrots	Un - breaded orange chx, veg fried rice, broccoli	Hormel pork blade carnitas, frijoles, Spanish rice, shred lettuce & cheese, salsa	BBQ & Texas Tyson chicken drums, maple slaw, corn on the cob, potato chips	Penne, chicken Alfredo, garlic green beans	Carved Hormel ham, rice pilaf, pineapple sauce, grilled corn		
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar		
Bread	Pan bread		10' flour tort	Corn bread	Pan bread	Dinner roll		
Dessert	Chocolate cake	Vanilla ic cup	churro	Apple cobbler	Bomb pop jr.	Choc. brownie		
Beverage	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk		
Fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit		
<b>SNACKS</b>								

**If you have any special dietary needs or concerns, please contact CORD Food Service at [cord.dbara@gmail.com](mailto:cord.dbara@gmail.com) at least 2 weeks before arriving at camp**

**Menu Review: D Bar A Scout Ranch Menu - Week 1&2**

**Recommendations** – 10-30% Protein (50-150gms; 75-225gms); 40-65% CHO (200-325gms; 300-487gms); 25-35% Fat (56-78gms; 83-117gms)  
 < 10% added sugars (50gms; 75gms); 16-30gms fiber; 2000 -3000gms Sodium; Calorie goal: 2500-3000/day.

<b>Food Group</b>	<b>Recommended nutrient amount</b>	<b>Meets Requirement:</b>	<b>Notes:</b>
<b>Dairy</b>	Minimum 3 cup equivalent (1% milk – 3c./day = 309kcal; 24gms protein)	Yes	Milk offered at all meals. Cottage Cheese & shredded cheese also offered on salad bar for lunch & dinner – which would provide additional dairy equivalent.
<b>Protein</b>	Minimum 6-7ounces total/day Seafood – 10oz/week Meat poultry eggs =26-33oz/wk. Nuts seeds soy – 5-6oz/wk. (6-7oz lean- lean/med fat protein=385-511kcal; 49gms protein)	Yes, although no seafood	Protein source of some type provided for every breakfast in form of eggs, lean sausage or ham. Cheese also added with some of the breakfast items and is on salad bar. Although cheese is in the dairy group it also provides the additional protein. No seafood is provided weekly. Nuts/seeds/soy – peanut butter option offered for lunch and dinner. Minimum of 7 ounces of protein offered each day; more protein options also on the salad bar through cheese and beans. Extra protein also coming from baked beans and beans in chili which is offered two to three times each week.
<b>Oils</b>	Minimum 29-44gms (78-117gms per 3000calories) <10% saturated fat (396-1000kcal/fat grams)	Yes	Saturated fat found in meat is drained during meal preparation per Chef – which decreases total saturated fat by 40%. Pork choices are lean. Per Chef canola oil is used – if not available – recommend canola oil blend. Margarine offered is trans-fat free per Chef.
<b>Vegetables</b>	Minimum - 3-4 cup equivalent/day Dk green 2-2.5cups/week Red/orange – 6-c/week Legumes/beans/peas – 2.5-3c/wk., Starchy – 6-8c/wk.	Yes	3-4 cups provided per day. This does include the 1 cup + at the salad bar options on those days which offers spinach and iceberg lettuce blend, carrots, cherry tomatoes and garbanzo beans. Each week provided 3 servings of legumes/beans/week.
<b>Fruits</b>	2-2.5 cups/day	Yes	OJ/AJ provided daily is 100% fruit Juice, also offer whole fruit choice for each meal 3x/day. T Pog and fruit punch – sweetened – Caution with amounts – encourage water – for hydration – would count for vitamin C.
<b>Grains</b>	7-10 equivalents (4-5 need to be whole grain) (Min. 600-1200kcal/day)	Yes	Whole wheat bread offered with lunch and dinner meals on salad bar. Only breakfast cereal offered daily which is a good source of fiber is cheerios(3gms/serving) and oatmeal (offered 1x/2wks)
<b>Other comments:</b>		Cautions...	Recipes are planned with goal to decrease sodium with use of dry beans verses canned and many food recipes made from scratch verses pre-made. Continue to monitor options of ways to decrease sodium through items used in recipes. Caution with soup, broth/base use, BBQ sauces and gravy as well as use of seasonings with may contain added salt/sodium like taco seasoning. Limit portion and use of American or processed cheese as they are also higher in Sodium and fat. Desserts offered in evening would increase added sugar watch portion size to help limit added sugar to <10% of total calories.

Confirm that planned menu meets Dietary Guidelines as referenced above and provides menu and options to meet 3000calories.

Signature: Carol Witte, RDN.  
 Carol Witte, RDN

Date: 3/31/17