



SCOUT HAVEN2015
REGULAR 1800 CALORIE MENU

DAY	BREAKFAST	LUNCH	DINNER
	 BOY SCOUTS OF AMERICA®		
Thursday	WELCOME SCOUTS!	HOT DOG CART! Hot Dog ^{GF} (2oz) on Roll ^V (2oz) Pretzels ^V (1oz) Apple ^{V GF} (1 small) Milk ^{V GF} (1 cup) Bug Juice ^{+ V GF}	BBQ Ribs ^{GF (w/ GF BBQ Sauce)} (2.5oz) Oven Roasted Potatoes ^{V GF} (1 cup) Prince Edward Mixed Vegt. ^{V GF} (1 cup) Corn Bread ^V (2oz) Salad Bar ^{+ V} Milk ^{V GF} (1 cup) Peach Cobbler ^{+ V} (½ cup fruit)
Friday	Pancakes ^V (2 small 3" diameter; 1oz) Maple Syrup ^{+ V GF} Bacon ^{GF} (1oz ~4 strips) Fresh Fruit ^{V GF} (½ cup) Breakfast Bar Milk ^{V GF} (1 cup) Cereal ^{+ V} (1 cup/1oz)	Tacos (1½ oz meat eq) (1 6" tortilla; 1oz) Lettuce ^{V GF} (¼ c), Tomato ^{V GF} (1/8 c), Cheese ^{V GF} (½ oz) Spanish Rice ^{V GF} (½ cup/1 oz) Sautéed Peppers & Onions ^{V GF} (½ cup) Fresh Fruit ^{V GF} (½ cup) Bug Juice ^{+ V GF} Jello ^{+ GF} (½ cup)	Baked Penne Pasta (1 cup pasta/2oz) Meat Sauce (2½ oz meat eq), Mozzarella Cheese (1oz) Garlic Bread ^V (1oz) Steamed Broccoli ^{V GF} (1 cup) Roasted Baby Carrots ^{V GF} (¼ cup) Salad Bar ^{+ V} Fresh Fruit ^{V GF} (½ c) Milk ^{V GF} (1 cup) Buttered Cake ^{+ V}
Saturday	Scrambled Eggs ^{V GF} (¼ cup/1egg eq/1oz) Sausage Links ^{GF} (1 patty; 1oz) Multi-grain Toast ^V (1 slice/1oz) Hash Browns ^{V GF} (½ cup) Fresh Fruit ^{V GF} (½ cup) Breakfast Bar Milk ^{V GF} (1 cup) Cereal ^{+ V} (1 cup/1oz)	Pizza (2.5oz pizza crust); (pizza sauce ¾ oz) Cheese (1/3 c shred) & Pepperoni (3 pieces; 0.25oz) Tomato-Cucumber Salad ^{V GF} (1 cup) Fresh Fruit ^{V GF} (½ cup) Bug Juice ^{+ V GF} Chocolate Chip Cookie ^{+ V}	Baked Chicken ^{GF} (2.75oz meat eq) with Multi Grain Bread ^V (1 slice/1oz) Wild Rice ^{V GF} (¾ cup/1½ oz) Summer Blend Vegt. ^{V GF} (1 cup) Salad Bar ^V Fresh Fruit ^{V GF} (½ c) Milk ^{V GF} (1 cup) Brownies ^{+ V}
Sunday	French Toast ^V (2 slices/2oz) Maple Syrup ^{+ V GF} Bacon ^{GF} (4 strips/1oz) Fresh Fruit ^{V GF} (½ cup) Breakfast Bar Milk ^{V GF} (1 cup) Cereal ^{+ V} (1 cup/1oz)	Chicken Fingers (2oz) Potato Wedges ^{V GF} (1 cup) Carrot/Celery Sticks ^{V GF} (1 cup) Popcorn ^{V GF} (1oz) Fresh Fruit ^{V GF} (½ cup) Milk ^{V GF} (1 cup), Bug Juice ^{+ V GF} Pudding ^{+ V GF} (½ cup)	BBQ Beef on Kaiser Roll (2oz beef; 2oz roll) Potato Salad ^{V GF} (2/3 cup) Macaroni Salad ^V (2/3 cup) Dill Pickle ^{+ V GF} Fresh Fruit ^{V GF} (½ c) Milk ^{V GF} (1 cup) Bug Juice ^{+ V GF} Sherbet ^{+ V GF} (½ cup)



Legend:

- V** Vegetarian; based on lacto-ovo vegetarian standards where dairy products such as milk and eggs are allowed.
- GF** Gluten Free.
- +** Discretionary calories or additional food not factored into regulated calorie intake (with the exception of fruit in fruit-based desserts); quantity served should be limited.
- ‡** Alternate menu choice.