

Group: Rota Kiwan Scout Reservation Menu, Week one - *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		Breakfast taco's. Scr.eggs, ssge crumble, shred cheese, salsa, shred hb, 6" flour torts	Choc chip pcakes, whipped topping, sliced Hormel baked ham, syrup	Warm biscuits, sausage gravy, diced roasted potatoes	Baked cheddar omelet, Hormel ssg patty, tstd English muffin, smash browns	Baked cinnamon French toast, warm apple syrup. Hormel sausage links	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		Chx breast, bacon ranch, shred lettuce ,Cr of tomato basil soup	Koegel hot dog, tater tots, maple slaw, warm cheese sauce	Beef burger patty, sliced am cheese potato wedges, lettuce, pickles	Chx tenders, ranch, potato chips, corn on the cob	Sloppy joes, corn chips, potato salad		
Salad		Salad bar	Salad Bar	Salad bar	Salad bar	Salad bar		
Bread		Wheat burger bun	Hot dog bun	Hamburger bun		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>								
Main	Beef Pot rst, mashed potatoes, gravy, grilled corn	BBQ Hormel pork blade, broc & bacon salad, baked beans	Chx fajitas w/ peppers & onions, frijoles, Spanish rice, shred lettuce & cheese, salsa	Penne, ground turkey meat sauce, garlic green beans	3 chs pizza, meat lovers pizza, Caesar salad, mixed veg.	Rst Hormel pork loin, rice pilaf, pan gravy, broc w/ cheese sauce		
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar		
Bread	Pan bread	Corn bread	10' flour tort	Pan bread		Dinner roll		
Dessert	Chocolate cake	Apple cobbler	churro	Orange cream bar	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.rotakiwan@gmail.com](mailto:cord.rotakiwan@gmail.com) at least 2 weeks before arriving at camp**

## Menu Review: Rota Kiwan Reservation Week 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.

Food Group	Recommended nutrient amount	Meets Requirement:	Notes:
Dairy	Minimum 3 cup equivalent (1% milk – 3c./day = 309kcal; 24gms protein)	Yes	Milk offered at each meal. Cottage Cheese & shredded cheese also offered on salad bar for lunch & dinner.
Protein	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 high quality protein since milk is offered with each meal. No seafood is provided weekly. Nuts/seeds/soy – peanut butter option offered for lunch and dinner, broccoli salad also includes sunflower seeds. 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 times each week
Oils	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.
Vegetables	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 – with exception of Wednesday (only 2 cups – although there is an extra fruit serving added). 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 2 servings of legumes/beans/week.
Fruits	2-2.5 cups/day	Yes	OJ/A 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, Pog would count for added vitamin C Source.
Grains	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)
Other comments:		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, R.D.  
 Carol Witte, RDN

Date: 4-1-17