

Lake of the Ozarks Scout Reservation

2024 Menu

This menu with ingredients and nutritional information has been provided directly from our ordered food items. It is meant to guide and create awareness of allergens and nutritional facts for our campers.

Please be aware that the menu items with ingredients and nutritional information may vary from those given herein because of food availability from our supplier. We will make every effort to inform you of those substitutions.



Lake of the Ozarks Scout Reservation

2024 Menu

Dinner – Sunday (Camp wide)

Penne Pasta	Spaghetti Sauce	Ground Beef	Breadstick	Lettuce	Ranch Dressing	Cookies - Sugar
<p>Ingredients: Durum Wheat Semolina, Niacin, Iron (ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid.</p> <p>Contains: Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Water, Tomato Paste, Soybean Oil, Salt, Onions, Spices, Xanthan Gum, Natural Flavors, And Garlic Powder.</p> <p>Free From: NA Organic claims: NA Attributes: Coeliac, Gluten-Free, Kosher</p>	<p>Beef Ground Fine 81% Lean Choice Angus Chuck Bulk Chubs</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Breadstick: Water, Whole Wheat Flour, Enriched Wheat Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Sugar, Soybean Oil, Contains 2% Or Less Of: Salt, Potassium Chloride, Yeast, Vegetable Protein, Ascorbic Acid Added As A Dough Conditioner, Microbial Enzymes. Spread: Vegetable Oil Blend (soybean, Palm), Water, Crushed Garlic, Dried Garlic, Salt, Contains 2% Or Less Of: Sweet Cream Buttermilk, Mono- And Diglycerides, Natural Flavors, Onion Powder, Sunflower Lecithin, Spice, Garlic Extract, Lactic Acid, Beta-carotene (color).</p> <p>Contains: Milk, Wheat May Contain: Eggs, Soy Free From: Peanuts, Tree Nuts Organic claims: NA Attributes: NA</p>	<p>Ingredients: Lettuce.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Cultured Lowfat Buttermilk, Soybean Oil, Water, Egg Yolks, Distilled Vinegar, Sugar, Contains Less Than 2% Of Salt, Monosodium Glutamate, Phosphoric Acid, Garlic*, Onion*, Sodium Benzoate And Potassium Sorbate (as Preservatives), Xanthan Gum, Parsley*, Spices, Lactic Acid, Citric Acid, Autolyzed Yeast Extract, Calcium Disodium Edta Added To Protect Flavor. *dehydrated</p> <p>Contains: Milk, Egg Free from: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Margarine (palm Oil, Water, Salt, Mono- And Diglycerides, Soy Lecithin, Sodium Benzoate [preservative], Artificial Flavor, Beta-carotene [color], Vitamin A Palmitate), Wheat Flour, Shortening (palm Oil), Water, Contains Less Than 2% Of Baking Soda, Eggs, Natural And Artificial Flavors (milk), Salt. manufactured On Equipment That Also Processes Products Containing Peanuts/tree Nuts.</p> <p>Contains: Eggs, Milk, Soy, Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>
<p>Nutrition Information</p> <p>200 Calories per serving Serving size 3/4 Cup Dry (5g)</p> <p>Total Fat 1g Saturated Fat 0g Trans Fat</p> <p>Cholesterol 0mg Sodium 0mg</p> <p>Total Carbohydrate 42g Dietary Fiber 2g Total Sugars Includes 0g</p> <p>Protein 7g</p> <p>Vitamin D 0mcg Calcium 0mg Iron 1.40mg Potassium 120mg</p>	<p>Nutrition Information</p> <p>45 Calories per serving Serving size 1/2 Cup (123g)</p> <p>Total Fat 2g Saturated Fat 0g Trans Fat</p> <p>Cholesterol 0mg Sodium 720mg</p> <p>Total Carbohydrate 7g Dietary Fiber 2g Total Sugars Includes NA</p> <p>Protein 2g Vitamin D NA Calcium 0mg Iron 0.2mg Potassium NA</p>	<p>Nutrition Information</p> <p>280 Calories per serving Serving size 4 oz. (112g)</p> <p>Total Fat 22g Saturated Fat 1g Trans Fat</p> <p>Cholesterol 80mg Sodium 75mg</p> <p>Total Carbohydrate 0g Dietary Fiber 0g Total Sugars Includes NA</p> <p>Protein 19g Vitamin D NA Calcium 27mg Iron 0mg Potassium NA</p>	<p>Nutrition Information</p> <p>170 Calories per serving Serving size 1 Serving (56g)</p> <p>Total Fat 5g Saturated Fat 1g Trans Fat</p> <p>Cholesterol 0mg Sodium 170mg</p> <p>Total Carbohydrate 26g Dietary Fiber 3g Total Sugars Includes 0g</p> <p>Protein 4g Vitamin D 0.1mcg Calcium 10mg Iron 1.40mg Potassium 220mg</p>	<p>Nutrition Information</p> <p>0 Calories per serving Serving size 1 leaf, medium (8g)</p> <p>Total Fat 0g Saturated Fat 0g Trans Fat</p> <p>Cholesterol 0mg Sodium 0mg</p> <p>Total Carbohydrate 0g Dietary Fiber 0g Total Sugars Includes NA</p> <p>Protein 0g Vitamin D 0.0mcg Calcium 0mg Iron 0.00mg Potassium 10mg</p>	<p>Nutrition Information</p> <p>100 Calories per serving Serving size 2 Tablespoons (29g)</p> <p>Total Fat 10g Saturated Fat 1.5g Trans Fat</p> <p>Cholesterol 10mg Sodium 240mg</p> <p>Total Carbohydrate 2g Dietary Fiber 0g Total Sugars Includes 1g</p> <p>Protein 1g Vitamin D 0.0mcg Calcium 0mg Iron 0.00mg Potassium 0mg</p>	<p>Nutrition Information</p> <p>120 Calories per serving Serving size 1 cookie (28g)</p> <p>Total Fat 4.5g Saturated Fat 2g Trans Fat</p> <p>Cholesterol 10mg Sodium 120mg</p> <p>Total Carbohydrate 17g Dietary Fiber 0g Total Sugars Includes 9g</p> <p>Protein 2g Vitamin D 0mcg Calcium 3mg Iron 1.00mg Potassium 15mg</p>

Lake of the Ozarks Scout Reservation

2024 Menu

Lunch – Monday

Ham	Cheese	Lettuce	Tomatoes	Apple
<p>Ingredients: Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.</p> <p>Free from: Almonds, Brazil Nuts, Cashew, Crustaceans, Eggs, Fish, Hazelnut and Hazelnut Products, Macadamia nut, Milk, Peanuts, Pecan nut, Pine Nuts, Pistachio, Sesame seeds, Shellfish, Soy, Tree Nuts, Walnuts, Wheat</p> <p>Organic claims: NA Attributes: NA</p>	<p>Ingredients: Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (preservative), Citric Acid, Enzymes, Soy Lecithin, Apo Carotenal And Beta Carotene (color).</p> <p>Contains: Milk, Soy Free From: NA Organic claims: NA Attributes: Coeliac, Gluten-Free</p>	<p>Ingredients: Lettuce.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Tomatoes.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Apples.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>

Nutrition Information		Nutrition Information		Nutrition Information		Nutrition Information		Nutrition Information	
100 Calories per serving	Serving size 1 Serving (86g)	80 Calories per serving	Serving size 2 slices (23g)	0 Calories per serving	Serving size 1 leaf, medium (8g)	10 Calories per serving	Serving size 1 plum tomato (62g)	100 Calories per serving	Serving size 1 apple (181g)
Total Fat 5g	6%	Total Fat 7g	9%	Total Fat 0g	0%	Total Fat 0g	0%	Total Fat 0g	0%
Saturated Fat 1.5g	8%	Saturated Fat 4.5g	23%	Saturated Fat 0g	0%	Saturated Fat 0g	0%	Saturated Fat 0g	1%
Trans Fat		Trans Fat		Trans Fat		Trans Fat		Trans Fat	
Cholesterol 60mg	20%	Cholesterol 20mg	7%	Cholesterol 0mg	0%	Cholesterol 0mg	0%	Cholesterol NA	
Sodium 480mg	21%	Sodium 410mg	18%	Sodium 0mg	0%	Sodium 0mg	0%	Sodium 0mg	0%
Total Carbohydrate 0g		Total Carbohydrate 2g	1%	Total Carbohydrate 0g	0%	Total Carbohydrate 2g	1%	Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%	Dietary Fiber 0g	0%	Dietary Fiber 0g	0%	Dietary Fiber less than 1g	3%	Dietary Fiber 4g	14%
Total Sugars		Total Sugars		Total Sugars		Total Sugars		Total Sugars	
Includes 0g	0%	Includes 0g	0%	Includes NA		Includes NA		Includes NA	
Protein 14g	28%	Protein 4g	8%	Protein 0g	0%	Protein 0g	1%	Protein 0g	1%
Vitamin D 0mcg	0%	Vitamin D 0.1mcg	0%	Vitamin D 0.0mcg	0%	Vitamin D 0mcg	0%	Vitamin D NA	
Calcium 0mg	0%	Calcium 110mg	8%	Calcium 1mg	0%	Calcium 6mg	0%	Calcium 1mg	0%
Iron 1.10mg	6%	Iron 0mg	0%	Iron 0.03mg	0%	Iron 0.17mg	0%	Iron 1.20mg	6%
Potassium 380mg	8%	Potassium 50mg	1%	Potassium 10mg	0%	Potassium 150mg	3%	Potassium NA	

Lake of the Ozarks Scout Reservation

2024 Menu

Lunch cont'd - Monday

Hoagie Bun	Cookies – Chocolate Chip	Chips - Variety	Drink Mix - Grape																																																																																				
<p>Ingredients: Unbleached Enriched Flour (wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, wheat Gluten, Contains 2% Or Less Of The Following: Cornmeal, Salt, High fructose Corn Syrup, Soybean Oil, Calcium Propionate (preservative), wheat Starch, Potassium Sorbate (preservative), Enzymes, Ascorbic Acid. allergens: Contains Wheat. manufactured In A Plant That Handles Sesame. made With Be Ingredients</p> <p>Contains: Cereals containing gluten, Wheat May contain: Sesame seeds</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts</p> <p>Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Sugar, Chocolate Chips (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Artificial Flavor, Milk), Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Shortening (palm Oil), Water, Margarine (palm Oil, Water, Salt, Mono- And Diglycerides, Soy Lecithin, Sodium Benzoate [preservative], Artificial Flavor, Beta-carotene [color], Vitamin A Palmitate), Contains Less Than 2% Of Baking Soda, Eggs, Molasses, Natural Flavors (milk), Salt, White Chocolate Flavored Powder (sugar, Creamer [coconut Oil, Corn Syrup Solids, Sodium Caseinate (milk), Sugar, Tricalcium Phosphate, Dipotassium Phosphate, Propylene Glycol Esters Of Fatty Acids, Mono- And Diglycerides, Salt, Artificial Flavor], Maltodextrin, Natural And Artificial Flavor, Guar Gum, Xanthan Gum). manufactured On Equipment That Also Processes Products Containing Peanuts/tree Nuts.</p> <p>Contains: Eggs, Milk, Soy, Wheat</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Nutrition facts not available. Please see individual bagged chip bags for ingredients.</p>	<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid (vitamin C), Natural And Artificial Flavor, Red 40, Blue 1 Lake, Red 40 Lake, Blue 1.</p> <p>Free From: NA Organic claims: NA Attributes: Coeliac, Gluten-Free, Kosher</p>																																																																																				
<p>Nutrition Information</p> <p>270 Calories per serving</p> <p>Serving size 1 BUN (102g)</p> <table border="1"> <tr><td>Total Fat 2.5g</td><td>3%</td></tr> <tr><td>Saturated Fat 0g</td><td>0%</td></tr> <tr><td>Trans Fat</td><td></td></tr> <tr><td>Cholesterol 0mg</td><td>0%</td></tr> <tr><td>Sodium 620mg</td><td>27%</td></tr> <tr><td>Total Carbohydrate 51g</td><td>19%</td></tr> <tr><td>Dietary Fiber 2g</td><td>7%</td></tr> <tr><td>Total Sugars</td><td></td></tr> <tr><td>Includes 1g</td><td>2%</td></tr> <tr><td>Protein 11g</td><td>22%</td></tr> <tr><td>Vitamin D 0mcg</td><td>0%</td></tr> <tr><td>Calcium 90mg</td><td>6%</td></tr> <tr><td>Iron 3.20mg</td><td>20%</td></tr> <tr><td>Potassium 140mg</td><td>3%</td></tr> </table>	Total Fat 2.5g	3%	Saturated Fat 0g	0%	Trans Fat		Cholesterol 0mg	0%	Sodium 620mg	27%	Total Carbohydrate 51g	19%	Dietary Fiber 2g	7%	Total Sugars		Includes 1g	2%	Protein 11g	22%	Vitamin D 0mcg	0%	Calcium 90mg	6%	Iron 3.20mg	20%	Potassium 140mg	3%	<p>Nutrition Information</p> <p>130 Calories per serving</p> <p>Serving size 1.0 Ounces (28g)</p> <table border="1"> <tr><td>Total Fat 6g</td><td>8%</td></tr> <tr><td>Saturated Fat 3g</td><td>15%</td></tr> <tr><td>Trans Fat</td><td></td></tr> <tr><td>Cholesterol less than 5mg</td><td>2%</td></tr> <tr><td>Sodium 65mg</td><td>3%</td></tr> <tr><td>Total Carbohydrate 18g</td><td>7%</td></tr> <tr><td>Dietary Fiber 1g</td><td>4%</td></tr> <tr><td>Total Sugars</td><td></td></tr> <tr><td>Includes 11g</td><td>22%</td></tr> <tr><td>Protein 1g</td><td>2%</td></tr> <tr><td>Vitamin D 0mcg</td><td>0%</td></tr> <tr><td>Calcium 6mg</td><td>0%</td></tr> <tr><td>Iron 1.00mg</td><td>6%</td></tr> <tr><td>Potassium 45mg</td><td>1%</td></tr> </table>	Total Fat 6g	8%	Saturated Fat 3g	15%	Trans Fat		Cholesterol less than 5mg	2%	Sodium 65mg	3%	Total Carbohydrate 18g	7%	Dietary Fiber 1g	4%	Total Sugars		Includes 11g	22%	Protein 1g	2%	Vitamin D 0mcg	0%	Calcium 6mg	0%	Iron 1.00mg	6%	Potassium 45mg	1%		<p>Nutrition Information</p> <p>120 Calories per serving</p> <p>Serving size 3 Tbsp (32g) Makes 12 fl oz. (21g)</p> <table border="1"> <tr><td>Total Fat 0g</td><td>0%</td></tr> <tr><td>Saturated Fat 0g</td><td>0%</td></tr> <tr><td>Trans Fat</td><td></td></tr> <tr><td>Cholesterol 0mg</td><td>0%</td></tr> <tr><td>Sodium 0mg</td><td>0%</td></tr> <tr><td>Total Carbohydrate 31g</td><td>11%</td></tr> <tr><td>Dietary Fiber 0g</td><td>0%</td></tr> <tr><td>Total Sugars</td><td></td></tr> <tr><td>Includes 30g</td><td>60%</td></tr> <tr><td>Protein 0g</td><td>0%</td></tr> <tr><td>Vitamin D 0mcg</td><td>0%</td></tr> <tr><td>Calcium 0mg</td><td>0%</td></tr> <tr><td>Iron 0mg</td><td>0%</td></tr> <tr><td>Potassium 0mg</td><td>0%</td></tr> </table>	Total Fat 0g	0%	Saturated Fat 0g	0%	Trans Fat		Cholesterol 0mg	0%	Sodium 0mg	0%	Total Carbohydrate 31g	11%	Dietary Fiber 0g	0%	Total Sugars		Includes 30g	60%	Protein 0g	0%	Vitamin D 0mcg	0%	Calcium 0mg	0%	Iron 0mg	0%	Potassium 0mg	0%
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Lake of the Ozarks Scout Reservation

2024 Menu

Dinner - Monday

Chicken Breast	Potatoes	Green Beans	Pears	Pudding - Vanilla																																																																																																																																										
<p>Ingredients: Containing Up To 12% Of A Solution Of Water, Salt And Sodium Phosphates. Breading Breaded & Battered With: Water, enriched Bleached Wheat Flour (enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin Folic Acid), salt, Spices, Leavening (sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Maltodextrin, Autolyzed Yeast Extract, Torula Yeast, Green Bell Pepper, Calcium Carbonate, Guar Gum, Modified Cream (butter Flavor), Partially Hydrogenated Soybean Oil, Cream, Powdered Buttermilk, natural Flavor, corn Syrup Solids, sodium Caseinate, Annatto & Turmeric.</p> <p>Predested With: Enriched Wheat Flour(wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Corn Starch, Potato Flour, Salt, Spice, Spice Extractives.</p> <p>Breading Set In Vegetable Oil.</p> <p>Contains: Mike, Wheat Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Russet Potato</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Green Beans</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Pears</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Skim Milk, Water, Sugar, Modified Cornstarch, Contains Less Than 2% Of Canola Oil, Artificial Flavor, Salt, Sodium Stearoyl Lactylate (for Smooth Texture), Sodium Phosphate, Xanthan Gum, Artificial Color, Yellow 5, Yellow 6.</p> <p>Contains: Milk Free From: NA Organic claims: Not organic Attributes: Kosher</p>																																																																																																																																										
<p>Nutrition Information</p> <p>300 Calories per serving Serving size 1 Breaded Fillet (166g)</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%;">Total Fat 11g</td><td style="width: 50%; text-align: right;">14%</td></tr> <tr><td style="padding-left: 10px;">Saturated Fat 2g</td><td style="text-align: right;">10%</td></tr> <tr><td style="padding-left: 10px;">Trans Fat</td><td></td></tr> <tr><td>Cholesterol 60mg</td><td style="text-align: right;">20%</td></tr> <tr><td>Sodium 660mg</td><td style="text-align: right;">29%</td></tr> <tr><td>Total Carbohydrate 23g</td><td style="text-align: right;">8%</td></tr> <tr><td style="padding-left: 10px;">Dietary Fiber less than 1g</td><td style="text-align: right;">3%</td></tr> <tr><td style="padding-left: 10px;">Total Sugars</td><td></td></tr> <tr><td style="padding-left: 10px;">Includes NA</td><td></td></tr> <tr><td>Protein 26g</td><td style="text-align: right;">52%</td></tr> <tr><td>Vitamin D NA</td><td></td></tr> <tr><td>Calcium 20mg</td><td style="text-align: right;">2%</td></tr> <tr><td>Iron 1.80mg</td><td style="text-align: right;">10%</td></tr> </table>	Total Fat 11g	14%	Saturated Fat 2g	10%	Trans Fat		Cholesterol 60mg	20%	Sodium 660mg	29%	Total Carbohydrate 23g	8%	Dietary Fiber less than 1g	3%	Total Sugars		Includes NA		Protein 26g	52%	Vitamin D NA		Calcium 20mg	2%	Iron 1.80mg	10%	<p>Nutrition Information</p> <p>270 Calories per serving Serving size 1 Medium Potato (340g)</p> <table style="width: 100%; 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Lake of the Ozarks Scout Reservation

2024 Menu

Breakfast - Tuesday

Orange Juice	Milk	Sausage	Mix Gravy	Biscuit	Cereal Cinnamon Toast
<p>Ingredients: Filtered Water, Orange Juice Concentrate, Ascorbic Acid (vitamin C)*. *not Typically Found In In Unfortified Orange Juice</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3.</p> <p>Contains: Milk Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Pork, Water, Contains 2% Or Less: Salt, Sugar, Spices, Chili Pepper, Flavoring, Smoke Flavor</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Enriched Bleached Flour (wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Food Starch-modified, Palm Oil, Salt, Corn Syrup Solids contains Less Than 2%: Black Pepper, Sodium Caseinate, Whey Protein Concentrate, Color Added, Mono & Diglycerides.</p> <p>Contains: Milk, Wheat Free From: Barley (gluten containing grain), Cereals containing gluten, Oat (gluten containing grain) Organic claims: NA Attributes: NA</p>	<p>Ingredients: Enriched Bleached Flour (wheat Flour, Niacin, iron, Thiamin Mononitrate, Riboflavin, Folic Acid), cultured Buttermilk (skim And/or Low Fat Milk, Nonfat Dry Milk, Cultures Added), Water, Palm Oil, Contains Less Than 2%: Baking Soda, Salt, Modified Wheat Starch, Sugar, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate.</p> <p>produced In A Facility That Manufactures Products Containing Egg And Soy</p> <p>Contains: Milk, Wheat Free From: NA Organic claims: NA Attributes: NA</p>	<p>Whole Grain Wheat, Sugar, Rice Flour, Polydextrose, Canola And/or Sunflower Oil, Maltodextrin, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color, Rosemary Extract. Bht Added To Preserve Freshness. Vitamins And Minerals: Calcium Carbonate, Vitamin C (sodium Ascorbate), Iron And Zinc (mineral Nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine Hydrochloride), Vitamin B1 (thiamin Mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic Acid), Vitamin B12, Vitamin D3.</p> <p>Contains: Soy, Wheat Free From: NA Organic claims: NA Attributes: Kosher, Vegetarian</p>
<p>Nutrition Information</p> <p>140 Calories per serving</p> <p>Serving size</p> <p>Total Fat 0g Saturated Fat 0g Trans Fat</p> <p>Cholesterol 0mg</p> <p>Sodium 40mg</p> <p>Total Carbohydrate 36g Dietary Fiber 0g Total Sugars Includes 0g</p> <p>Protein 0g</p> <p>Vitamin D 0.0mcg</p> <p>Calcium 0mg</p> <p>Iron 0.00mg</p> <p>Potassium 720mg</p>	<p>Nutrition Information</p> <p>130 Calories per serving</p> <p>Serving size</p> <p>Total Fat 5g Saturated Fat 3g Trans Fat</p> <p>Cholesterol 20mg</p> <p>Sodium 130mg</p> <p>Total Carbohydrate 13g Dietary Fiber 0g Total Sugars Includes 0g</p> <p>Protein 9g</p> <p>Vitamin D 3.0mcg</p> <p>Calcium 309mg</p> <p>Iron 0.00mg</p> <p>Potassium 420mg</p>	<p>Nutrition Information</p> <p>240 Calories per serving</p> <p>Serving size 2 patties (56g)</p> <p>Total Fat 24g Saturated Fat 8g Trans Fat</p> <p>Cholesterol 45mg</p> <p>Sodium 420mg</p> <p>Total Carbohydrate 1g Dietary Fiber 0g Total Sugars Includes 0g</p> <p>Protein 6g</p> <p>Vitamin D 0mcg</p> <p>Calcium 20mg</p> <p>Iron 0mg</p> <p>Potassium 110mg</p>	<p>Nutrition Information</p> <p>40 Calories per serving</p> <p>Serving size 1 Tablespoon (10g)</p> <p>Total Fat 1.5g Saturated Fat 1g Trans Fat</p> <p>Cholesterol 0mg</p> <p>Sodium 260mg</p> <p>Total Carbohydrate 7g Dietary Fiber 0g Total Sugars Includes NA</p> <p>Protein 0g</p> <p>Vitamin D 0.0mcg</p> <p>Calcium 0mg</p> <p>Iron 0.00mg</p> <p>Potassium 30mg</p>	<p>Nutrition Information</p> <p>210 Calories per serving</p> <p>Serving size 1 biscuit Each (60g)</p> <p>Total Fat 10g Saturated Fat 5g Trans Fat</p> <p>Cholesterol 0mg</p> <p>Sodium 630mg</p> <p>Total Carbohydrate 27g Dietary Fiber 1g Total Sugars Includes 0g</p> <p>Protein 3g</p> <p>Vitamin D 0mcg</p> <p>Calcium 60mg</p> <p>Iron 2.10mg</p> <p>Potassium 50mg</p>	<p>Nutrition Information</p> <p>110 Calories per serving</p> <p>Serving size 1 Serving (28g)</p> <p>Total Fat 2.5g Saturated Fat 0g Trans Fat</p> <p>Cholesterol 0mg</p> <p>Sodium 160mg</p> <p>Total Carbohydrate 22g Dietary Fiber 4g Total Sugars Includes 6g</p> <p>Protein 2g</p> <p>Vitamin D 2.0mcg</p> <p>Calcium 78mg</p> <p>Iron 1.80mg</p> <p>Potassium 0mg</p>

Lake of the Ozarks Scout Reservation

2024 Menu

Lunch - Tuesday

Chicken Tenders	White Rice	Carrots	Oranges	Pudding - Chocolate	Drink Mix - Cherry
<p>Ingredients: Chicken Breast Tenderloins Containing: Up To 12% Of A Solution Of Water, Sodium Phosphates, Salt. breaded With: Wheat Flour, Bleached Wheat Flour, Water, Yellow Corn Flour, Salt, Contains 2% Or Less Of The Following: Corn Starch, Dextrose, Dried Garlic, Extractives Of Paprika, Leavening (sodium Bicarbonate, Sodium Aluminum Phosphate), Leavening (sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Spices, Wheat Gluten. Breeding Set In Vegetable Oil.</p> <p>Contains: Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Long Grain Rice Enriched With Iron (ferric Orthophosphate), Niacin, Thiamin (thiamin Mononitrate) And Folic Acid.</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Carrots</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Oranges</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Skim Milk, Water, Sugar, Modified Cornstarch, Contains Less Than 2% Of Cocoa Processed With Alkali, Canola Oil, Artificial And Natural Flavor, Salt, Sodium Phosphate, Sodium Stearoyl Lactylate (for Smooth Texture), Xanthan Gum.</p> <p>Contains: Milk Free From: NA Organic claims: Not organic Attributes: Kosher</p>	<p>Ingredients: Dextrose, Sugar, Citric Acid, Less Than 2%, Artificial Flavor, Red 40, Acesulfame Potassium, Ascorbic Acid (vitamin C), Red 40, Sucralose, Blue 1.</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Molluscs, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat Organic claims: NA Attributes: Kosher</p>
<p>Nutrition Information</p> <p>Serving size 1 Serving (128g)</p> <p>210 Calories per serving</p> <p>Total Fat 8g Saturated Fat 1.5g Trans Fat 0g</p> <p>Cholesterol 60mg</p> <p>Sodium 640mg</p> <p>Total Carbohydrate 13g Dietary Fiber 0g Total Sugars 0g Includes 0g</p> <p>Protein 22g</p> <p>Vitamin D 0.0mcg Calcium 0mg Iron 0.30mg Potassium 350mg</p>	<p>Nutrition Information</p> <p>Serving size 3/4 cup (45g)</p> <p>160 Calories per serving</p> <p>Total Fat 0g Saturated Fat 0g Trans Fat 0g</p> <p>Cholesterol 0mg</p> <p>Sodium 0mg</p> <p>Total Carbohydrate 36g Dietary Fiber 1g Total Sugars 0g Includes 0g</p> <p>Protein 3g</p> <p>Vitamin D 0mcg Calcium 13mg Iron 2.00mg Potassium 50mg</p>	<p>Nutrition Information</p> <p>Serving size 100 Gram (100g)</p> <p>40 Calories per serving</p> <p>Total Fat 0g Saturated Fat 0g Trans Fat 0g</p> <p>Cholesterol 0mg</p> <p>Sodium 70mg</p> <p>Total Carbohydrate 10g Dietary Fiber 3g Total Sugars 0g Includes 0g</p> <p>Protein 1g</p> <p>Vitamin D 0.0mcg Calcium 33mg Iron 0.00mg Potassium 320mg</p>	<p>Nutrition Information</p> <p>Serving size 1 fruit (2-5/8inch dia) (131g)</p> <p>60 Calories per serving</p> <p>Total Fat 0g Saturated Fat 0g Trans Fat 0g</p> <p>Cholesterol 0mg</p> <p>Sodium 0mg</p> <p>Total Carbohydrate 15g Dietary Fiber 3g Total Sugars 0g Includes NA</p> <p>Protein 1g</p> <p>Vitamin D 0mcg Calcium 52mg Iron 0.13mg Potassium 240mg</p>	<p>Nutrition Information</p> <p>Serving size 1 snack (99g) (99g)</p> <p>110 Calories per serving</p> <p>Total Fat 1.5g Saturated Fat 0g Trans Fat 0g</p> <p>Cholesterol 0mg</p> <p>Sodium 105mg</p> <p>Total Carbohydrate 23g Dietary Fiber 0g Total Sugars 0g Includes 16g</p> <p>Protein 2g</p> <p>Vitamin D 0mcg Calcium 50mg Iron 1.00mg Potassium 100mg</p>	<p>Nutrition Information</p> <p>Serving size 1 Serving (24g)</p> <p>90 Calories per serving</p> <p>Total Fat 0g Saturated Fat 0g Trans Fat 0g</p> <p>Cholesterol 0mg</p> <p>Sodium 0mg</p> <p>Total Carbohydrate 22g Dietary Fiber 0g Total Sugars 0g Includes 21g</p> <p>Protein 0g</p> <p>Vitamin D 0mcg Calcium 0mg Iron 0mg Potassium 0mg</p>

Lake of the Ozarks Scout Reservation

2024 Menu

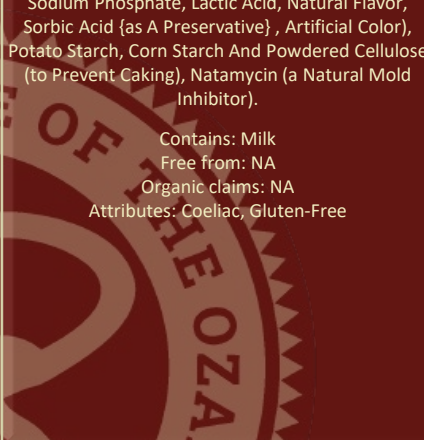

Dinner - Tuesday

Ground Beef	Taco Seasoning	Flour Tortillas	Shredded Lettuce																																																																																																																
<p>Ingredients: Beef, Water, Salt, Sodium Phosphate And Natural Flavorings</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Organic Rice Flour; sea Salt; spices; organic Dried Cane Sugar; organic Onion Powder; paprika; organic Garlic Powder; dehydrated Onion; citric Acid; organic Sunflower Oil; paprika Extract; yeast Extract; organic Rice Hull Concentrate</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Bleached Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Blend Of vegetable Oils (soybean Oil, Hydrogenated Cottonseed Oil), Contains 2% Or less Of The Following: Leavening (sodium Acid Pyrophosphate, Sodium bicarbonate, Corn Starch, Monocalcium Phosphate), Salt, Tortilla Premix [mono-and Diglycerides, Guar Gum, Dextrose, Cellulose Gum, Enzyme Blend (salt, Wheat Starch, Enzyme(s))], Sugar, Calcium Propionate (preservative), Vital Wheat Gluten, Fumaric Acid, Potassium Sorbate (preservative), Sodium Metabisulfite.</p> <p>Contains: Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Lettuce</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>																																																																																																																
<p>Nutrition Information</p> <p>270 Calories per serving Serving size 1 Serving (112g)</p> <table border="1"> <tr> <td>Total Fat 21g</td> <td>27%</td> </tr> <tr> <td>Saturated Fat 8g</td> <td>40%</td> </tr> <tr> <td>Trans Fat</td> <td></td> </tr> <tr> <td>Cholesterol 70mg</td> <td>23%</td> </tr> <tr> <td>Sodium 290mg</td> <td>13%</td> </tr> <tr> <td>Total Carbohydrate 0g</td> <td>0%</td> </tr> <tr> <td>Dietary Fiber NA</td> <td></td> </tr> <tr> <td>Total Sugars</td> <td></td> </tr> <tr> <td>Includes NA</td> <td></td> </tr> <tr> <td>Protein 19g</td> <td>38%</td> </tr> <tr> <td>Vitamin D NA</td> <td></td> </tr> <tr> <td>Calcium NA</td> <td></td> </tr> <tr> <td>Iron NA</td> <td></td> </tr> <tr> <td>Potassium NA</td> <td></td> </tr> </table>	Total Fat 21g	27%	Saturated Fat 8g	40%	Trans Fat		Cholesterol 70mg	23%	Sodium 290mg	13%	Total Carbohydrate 0g	0%	Dietary Fiber NA		Total Sugars		Includes NA		Protein 19g	38%	Vitamin D NA		Calcium NA		Iron NA		Potassium NA		<p>Nutrition Information</p> <p>NA Calories per serving Serving size (0g)</p> <table border="1"> <tr> <td>Total Fat</td> <td></td> </tr> <tr> <td>Saturated Fat</td> <td></td> </tr> <tr> <td>Trans Fat</td> <td></td> </tr> <tr> <td>Cholesterol</td> <td></td> </tr> <tr> <td>Sodium</td> <td></td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> </tr> <tr> <td>Dietary Fiber</td> <td></td> </tr> <tr> <td>Total Sugars</td> <td></td> </tr> <tr> <td>Includes</td> <td></td> </tr> <tr> <td>Protein</td> <td></td> </tr> <tr> <td>Vitamin D</td> <td></td> </tr> <tr> <td>Calcium</td> <td></td> </tr> <tr> <td>Iron</td> <td></td> </tr> <tr> <td>Potassium</td> <td></td> </tr> </table>	Total Fat		Saturated Fat		Trans Fat		Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Total Sugars		Includes		Protein		Vitamin D		Calcium		Iron		Potassium		<p>Nutrition Information</p> <p>130 Calories per serving Serving size 1 Piece (44g)</p> <table border="1"> <tr> <td>Total Fat 3g</td> <td>4%</td> </tr> <tr> <td>Saturated Fat 1g</td> <td>5%</td> </tr> <tr> <td>Trans Fat</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> </tr> <tr> <td>Sodium 340mg</td> <td>15%</td> </tr> <tr> <td>Total Carbohydrate 22g</td> <td>8%</td> </tr> <tr> <td>Dietary Fiber 1g</td> <td>4%</td> </tr> <tr> <td>Total Sugars</td> <td></td> </tr> <tr> <td>Includes 1g</td> <td>2%</td> </tr> <tr> <td>Protein 3g</td> <td>6%</td> </tr> <tr> <td>Vitamin D 0mcg</td> <td>0%</td> </tr> <tr> <td>Calcium 83mg</td> <td>6%</td> </tr> <tr> <td>Iron 1.00mg</td> <td>6%</td> </tr> <tr> <td>Potassium 50mg</td> <td>1%</td> </tr> </table>	Total Fat 3g	4%	Saturated Fat 1g	5%	Trans Fat		Cholesterol 0mg	0%	Sodium 340mg	15%	Total Carbohydrate 22g	8%	Dietary Fiber 1g	4%	Total Sugars		Includes 1g	2%	Protein 3g	6%	Vitamin D 0mcg	0%	Calcium 83mg	6%	Iron 1.00mg	6%	Potassium 50mg	1%	<p>Nutrition Information</p> <p>15 Calories per serving Serving size 3.5 oz. (100g)</p> <table border="1"> <tr> <td>Total Fat 0g</td> <td>0%</td> </tr> <tr> <td>Saturated Fat 0g</td> <td>0%</td> </tr> <tr> <td>Trans Fat</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> </tr> <tr> <td>Sodium 10mg</td> <td>0%</td> </tr> <tr> <td>Total Carbohydrate 3g</td> <td>1%</td> </tr> <tr> <td>Dietary Fiber 1g</td> <td>4%</td> </tr> <tr> <td>Total Sugars</td> <td></td> </tr> <tr> <td>Includes NA</td> <td></td> </tr> <tr> <td>Protein less than 1g</td> <td>2%</td> </tr> <tr> <td>Vitamin D NA</td> <td></td> </tr> <tr> <td>Calcium 18mg</td> <td>2%</td> </tr> <tr> <td>Iron 0.40mg</td> <td>2%</td> </tr> <tr> <td>Potassium 140mg</td> <td>3%</td> </tr> </table>	Total Fat 0g	0%	Saturated Fat 0g	0%	Trans Fat		Cholesterol 0mg	0%	Sodium 10mg	0%	Total Carbohydrate 3g	1%	Dietary Fiber 1g	4%	Total Sugars		Includes NA		Protein less than 1g	2%	Vitamin D NA		Calcium 18mg	2%	Iron 0.40mg	2%	Potassium 140mg	3%
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Lake of the Ozarks Scout Reservation

2024 Menu

Dinner cont'd - Tuesday

Tomatoes		Shredded Cheese		Taco Sauce		Corn	
Ingredients: Tomatoes Free From: NA Organic claims: NA Attributes: NA		Ingredients: Colby Cheese (cultured Pasteurized Milk, Salt, Enzymes , Color Added), Low Moisture Part Skim Mozzarella Cheese (cultured Pasteurized Part Skim Milk, Salt, Enzymes), Monterey Jack Cheese (cultured Pasteurized Milk, Salt, Enzymes), Provolone Cheese (cultured Pasteurized Milk, Salt, Enzymes), Imitation Mozzarella Cheese (water, Palm Oil, Casein {milk} , Modified Food Starch, Salt, Whey, Food Starch, Sodium Aluminum Phosphate, Sodium Phosphate, Lactic Acid, Natural Flavor, Sorbic Acid {as A Preservative} , Artificial Color), Potato Starch, Corn Starch And Powdered Cellulose (to Prevent Caking), Natamycin (a Natural Mold Inhibitor). Contains: Milk Free from: NA Organic claims: NA Attributes: Coeliac, Gluten-Free		Ingredients: Water, Tomato Paste, Distilled Vinegar, Corn Syrup, Modified Food Starch, Salt, Spices Including Paprika, Citric Acid, Potassium Sorbate And Sodium Benzoate As Preservatives. Free From: NA Organic claims: NA Attributes: Kosher		Ingredients: Corn Free From: NA Organic claims: NA Attributes: Kosher	
							
Nutrition Information		Nutrition Information		Nutrition Information		Nutrition Information	
10 Calories per serving	Serving size 1 plum tomato (62g)	100 Calories per serving	Serving size 1/4 Cup (28g)	5 Calories per serving	Serving size 1 Package (9g)	90 Calories per serving	Serving size 1 (Ear) Count (85g)
Total Fat 0g	0%	Total Fat 7g	9%	Total Fat 0g	0%	Total Fat 2.5g	3%
Saturated Fat 0g	0%	Saturated Fat 4.5g	23%	Saturated Fat 0g	0%	Saturated Fat 0g	0%
Trans Fat		Trans Fat		Trans Fat		Trans Fat	
Cholesterol 0mg	0%	Cholesterol 20mg	7%	Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 0mg	0%	Sodium 200mg	9%	Sodium 95mg	4%	Sodium 0mg	0%
Total Carbohydrate 2g	0%	Total Carbohydrate 1g	0%	Total Carbohydrate 1g	0%	Total Carbohydrate 17g	6%
Dietary Fiber less than 1g	1%	Dietary Fiber 0g	0%	Dietary Fiber 0g	0%	Dietary Fiber 2g	7%
Total Sugars	0%	Total Sugars	0%	Total Sugars	0%	Total Sugars	0%
Includes NA		Includes 0g		Includes 0g		Includes 0g	
Protein 0g	1%	Protein 6g	12%	Protein 0g	0%	Protein 4g	8%
Vitamin D 0mcg	0%	Vitamin D 0mcg	0%	Vitamin D 0.0mcg	0%	Vitamin D 0mcg	0%
Calcium 6mg	0%	Calcium 180mg	15%	Calcium 0mg	0%	Calcium 0mg	0%
Iron 0.17mg	0%	Iron 0mg	0%	Iron 0.00mg	0%	Iron 0mg	0%
Potassium 150mg	3%	Potassium 0mg	0%	Potassium 0mg	0%	Potassium 240mg	5%

Lake of the Ozarks Scout Reservation

2024 Menu

Breakfast - Wednesday

Orange Juice	Milk – 2%	Sausage	Pancake Mix	Syrup	Cereal Special K
<p>Ingredients: Filtered Water, Orange Juice Concentrate, Ascorbic Acid (vitamin C)*. *not Typically Found In In Unfortified Orange Juice</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3.</p> <p>Contains: Milk Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Pork, Water, Contains 2% Or Less: Salt, Sugar, Spices, Chili Pepper, Flavoring, Smoke Flavor.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Enriched Bleached Flour (wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Soy Flour, Palm Oil, Salt, Contains Less Than 2%: Nonfat Milk, Buttermilk, Sodium Caseinate, Baking Soda, Monocalcium Phosphate, Sodium Aluminum Phosphate, Natural And Artificial Flavors, Corn Syrup Solids, Guar Gum, Mono & Diglycerides, Cellulose Powder.</p> <p>Contains: Milk, Soy, Wheat May Contain: Eggs Free From: Crustaceans, Fish, Peanuts, Sesame seeds, Tree Nuts Organic claims: NA Attributes: NA</p>	<p>Ingredients: Corn Syrup, Water, Sugar. Contains 2% Or Less Of: Salt, Natural Flavor, Sodium Hexametaphosphate, Sodium Benzoate And Sorbic Acid (preservatives), Caramel Color, Phosphoric Acid, Mono And Diglycerides.</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Rice, Wheat Gluten, Sugar, Defatted Wheat Germ, Contains 2% Or Less Of Salt, Malt Flavor. Vitamins And Minerals: Reduced Iron, Vitamin C (ascorbic Acid), Niacinamide, Vitamin E Acetate, Beta-carotene, Folic Acid, Vitamin B6 (pyridoxine Hydrochloride), Vitamin B1 (thiamin Hydrochloride), Vitamin B2 (riboflavin), Vitamin D3, Vitamin B12.</p> <p>Contains: Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>
<p>Nutrition Information</p> <p>140 Calories per serving</p> <p>Serving size</p> <p>Total Fat 0g Saturated Fat 0g Trans Fat</p> <p>Cholesterol 0mg</p> <p>Sodium 40mg</p> <p>Total Carbohydrate 36g Dietary Fiber 0g Total Sugars Includes 0g</p> <p>Protein 0g</p> <p>Vitamin D 0.0mcg</p> <p>Calcium 0mg</p> <p>Iron 0.00mg</p> <p>Potassium 720mg</p>	<p>Nutrition Information</p> <p>130 Calories per serving</p> <p>Serving size</p> <p>Total Fat 5g Saturated Fat 3g Trans Fat</p> <p>Cholesterol 20mg</p> <p>Sodium 130mg</p> <p>Total Carbohydrate 13g Dietary Fiber 0g Total Sugars Includes 0g</p> <p>Protein 9g</p> <p>Vitamin D 3.0mcg</p> <p>Calcium 309mg</p> <p>Iron 0.00mg</p> <p>Potassium 420mg</p>	<p>Nutrition Information</p> <p>240 Calories per serving</p> <p>Serving size 2 patties (56g)</p> <p>Total Fat 24g Saturated Fat 8g Trans Fat</p> <p>Cholesterol 45mg</p> <p>Sodium 420mg</p> <p>Total Carbohydrate 1g Dietary Fiber 0g Total Sugars Includes 0g</p> <p>Protein 6g</p> <p>Vitamin D 0mcg</p> <p>Calcium 20mg</p> <p>Iron 0mg</p> <p>Potassium 110mg</p>	<p>Nutrition Information</p> <p>170 Calories per serving</p> <p>Serving size 1 Serving (45g)</p> <p>Total Fat 2.5g Saturated Fat 1g Trans Fat</p> <p>Cholesterol 0mg</p> <p>Sodium 560mg</p> <p>Total Carbohydrate 31g Dietary Fiber 1g Total Sugars Includes 6g</p> <p>Protein 4g</p> <p>Vitamin D 0mcg</p> <p>Calcium 71mg</p> <p>Iron 1.70mg</p> <p>Potassium 95mg</p>	<p>Nutrition Information</p> <p>110 Calories per serving</p> <p>Serving size 2 tbsp (30 mL) (40g)</p> <p>Total Fat 0g Saturated Fat 0g Trans Fat</p> <p>Cholesterol 0mg</p> <p>Sodium 65mg</p> <p>Total Carbohydrate 28g Dietary Fiber 0g Total Sugars Includes 11g</p> <p>Protein 0g</p> <p>Vitamin D 0mcg</p> <p>Calcium 0mg</p> <p>Iron 0mg</p> <p>Potassium 0mg</p>	<p>Nutrition Information</p> <p>70 Calories per serving</p> <p>Serving size 1 Container (18g)</p> <p>Total Fat 0g Saturated Fat 0g Trans Fat</p> <p>Cholesterol 0mg</p> <p>Sodium 125mg</p> <p>Total Carbohydrate 13g Dietary Fiber 0g Total Sugars Includes 2g</p> <p>Protein 3g</p> <p>Vitamin D 0.9mcg</p> <p>Calcium 0mg</p> <p>Iron 5.00mg</p> <p>Potassium 0mg</p>

Lake of the Ozarks Scout Reservation

2024 Menu

Lunch - Wednesday

Tortilla Flour Wraps	Turkey	Ham	Salami	Lettuce
<p>Ingredients: Bleached Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Blend Of vegetable Oils (soybean Oil, Hydrogenated Cottonseed Oil), Contains 2% Or less Of The Following: Leavening (sodium Acid Pyrophosphate, Sodium bicarbonate, Corn Starch, Monocalcium Phosphate), Salt, Tortilla Premix [mono-and Diglycerides, Guar Gum, Dextrose, Cellulose Gum, Enzyme Blend (salt, Wheat Starch, Enzyme(s))], Sugar, Calcium Propionate (preservative), Vital Wheat Gluten, Fumaric Acid, Potassium Sorbate (preservative), Sodium Metabisulfite.</p> <p>Contains: Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Turkey Breast Meat, Water, Salt, Turbinado Sugar, Potato Starch, Baking Soda.</p> <p>Free From: Almonds, Brazil Nuts, Cashew, Crustaceans, Eggs, Fish, Hazelnut and Hazelnut Products, Macadamia nut, Milk, Peanuts, Pecan nut, Pine Nuts, Pistachio, Sesame seeds, Shellfish, Soy, Tree Nuts, Walnuts, Wheat Organic claims: NA Attributes: NA</p>	<p>Ingredients: Turkey Thigh Meat, Water, Contains 2% Or Less Lite Salt (potassium Chloride, Sodium Chloride), Sugar, Sodium Phosphate, Salt, Carrageenan, Sodium Erythorbate, Natural Smoke Flavoring, Sodium Nitrite.</p> <p>Free From: Almonds, Brazil Nuts, Cashew, Crustaceans, Eggs, Fish, Hazelnut and Hazelnut Products, Macadamia nut, Milk, Peanuts, Pecan nut, Pine Nuts, Pistachio, Sesame seeds, Shellfish, Soy, Tree Nuts, Walnuts, Wheat Organic claims: NA Attributes: NA</p>	<p>Ingredients: Pork, Salt, Contains Less Than 2% Of The Following: Dextrose, Natural Flavoring, Wine, Garlic, Lactic Acid Starter Culture, Sodium Ascorbate, Potassium Nitrate, Sodium Nitrite.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Lettuce</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>

Nutrition Information		Nutrition Information		Nutrition Information		Nutrition Information		Nutrition Information	
130 Calories per serving	Serving size 1 Piece (44g)	50 Calories per serving	Serving size 1 Serving (56g)	100 Calories per serving	Serving size 1 Serving (86g)	230 Calories per serving	Serving size 5 Slices (56g)	0 Calories per serving	Serving size 1 leaf, medium (8g)
Total Fat 3g	4%	Total Fat 1g	1%	Total Fat 5g	6%	Total Fat 22g	28%	Total Fat 0g	0%
Saturated Fat 1g	5%	Saturated Fat 0.5g	3%	Saturated Fat 1.5g	8%	Saturated Fat 7g	35%	Saturated Fat 0g	0%
Trans Fat		Trans Fat		Trans Fat		Trans Fat		Trans Fat	
Cholesterol 0mg	0%	Cholesterol 25mg	8%	Cholesterol 60mg	20%	Cholesterol 50mg	17%	Cholesterol 0mg	0%
Sodium 340mg	15%	Sodium 550mg	24%	Sodium 480mg	21%	Sodium 830mg	36%	Sodium 0mg	0%
Total Carbohydrate 22g	8%	Total Carbohydrate 1g	0%	Total Carbohydrate 0g	0%	Total Carbohydrate 1g	0%	Total Carbohydrate 0g	0%
Dietary Fiber 1g	4%	Dietary Fiber 0g	0%	Dietary Fiber 0g	0%	Dietary Fiber 0g	0%	Dietary Fiber 0g	0%
Total Sugars	2%	Total Sugars	Includes NA	Total Sugars	Includes 0g	Total Sugars	Includes NA	Total Sugars	Includes NA
Includes 1g		Includes NA		Includes 0g		Includes NA		Includes NA	
Protein 3g	6%	Protein 11g	22%	Protein 14g	28%	Protein 9g	18%	Protein 0g	0%
Vitamin D 0mcg	0%	Vitamin D NA		Vitamin D 0mcg	0%	Vitamin D NA		Vitamin D 0.0mcg	0%
Calcium 83mg	6%	Calcium NA		Calcium 0mg	0%	Calcium 0mg	0%	Calcium 1mg	0%
Iron 1.00mg	6%	Iron NA		Iron 1.10mg	6%	Iron 0.36mg	2%	Iron 0.03mg	0%
Potassium 50mg	1%	Potassium NA		Potassium 380mg	8%	Potassium NA		Potassium 10mg	0%

Lake of the Ozarks Scout Reservation

2024 Menu

Lunch cont'd - Wednesday

Tomatoes	Cheese	Chips - Variety	Apple	Drink Mix - Grape
<p>Ingredients: Tomatoes</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (preservative), Citric Acid, Enzymes, Soy Lecithin, Apo Carotenal And Beta Carotene (color).</p> <p>Contains: Milk, Soy Free From: NA Organic claims: NA Attributes: Coeliac, Gluten-Free</p>	<p>Nutrition facts not available. Please see individual bagged chip bags for ingredients.</p>	<p>Ingredients: Apple</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid (vitamin C), Natural And Artificial Flavor, Red 40, Blue 1 Lake, Red 40 Lake, Blue 1.</p> <p>Free From: NA Organic claims: NA Attributes: Coeliac, Gluten-Free, Kosher</p>

Nutrition Information		Nutrition Information		Nutrition Information		Nutrition Information	
10 Calories per serving	Serving size 1 plum tomato (62g)	100 Calories per serving	Serving size 2 slices (28g)	100 Calories per serving	Serving size 1 apple (181g)	120 Calories per serving	Serving size 3 Tbsp (32g) Makes 12 fl oz. (21g)
Total Fat 0g	0%	Total Fat 9g	12%	Total Fat 0g	0%	Total Fat 0g	0%
Saturated Fat 0g	0%	Saturated Fat 5g	25%	Saturated Fat 0g	1%	Saturated Fat 0g	0%
Trans Fat		Trans Fat		Trans Fat		Trans Fat	
Cholesterol 0mg	0%	Cholesterol 25mg	8%	Cholesterol NA		Cholesterol 0mg	0%
Sodium 0mg	0%	Sodium 500mg	22%	Sodium 0mg	0%	Sodium 0mg	0%
Total Carbohydrate 2g	1%	Total Carbohydrate 2g	1%	Total Carbohydrate 24g	9%	Total Carbohydrate 31g	11%
Dietary Fiber less than 1g	3%	Dietary Fiber 0g	0%	Dietary Fiber 4g	14%	Dietary Fiber 0g	0%
Total Sugars		Total Sugars		Total Sugars		Total Sugars	
Includes NA		Includes 0g	0%	Includes NA		Includes 30g	60%
Protein 0g	1%	Protein 5g	10%	Protein 0g	1%	Protein 0g	0%
Vitamin D 0mcg	0%	Vitamin D 0.2mcg	2%	Vitamin D NA		Vitamin D 0mcg	0%
Calcium 6mg	0%	Calcium 130mg	10%	Calcium 1mg	0%	Calcium 0mg	0%
Iron 0.17mg	0%	Iron 0.10mg	0%	Iron 1.20mg	6%	Iron 0mg	0%
Potassium 150mg	3%	Potassium 60mg	1%	Potassium NA		Potassium 0mg	0%

Lake of the Ozarks Scout Reservation

2024 Menu

Dinner - Wednesday

Boneless Riplets		Macaroni Cheese		Broccoli		Cookies - Snickerdoodle		Pear	
<p>Ingredients: Ground Pork (not More Than 24% Fat), Barbeque Sauce [tomato Ketchup (tomato Concentrate, Corn Syrup, Distilled Vinegar, Salt, Natural Flavorings, Onion Powder, Spice, Garlic Powder), Brown Sugar, Sugar, Mustard (distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Garlic Powder), Dextrose, Vinegar, Clove], Water, Textured Vegetable Protein Product [soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (b1), Pyridoxine Hydrochloride (b6), Riboflavin (b2), Cyanocobalamin (b12)], Smoke Flavor, Salt, Modified Food Starch, Sodium Phosphate.</p> <p>Contains: Soy Free From: NA Organic claims: NA Attributes: NA</p>		<p>Ingredients: Blanched Macaroni Product (water, Semolina, Dried Egg Whites), Skim Milk, Water, Cheddar Cheese (cultured Milk, Salt, Enzymes, Annatto Color), Cheddar Club Cheese (cheddar Cheese [cultured Milk, Salt, Enzymes], Water, Contains 2% Or Less Of Salt, Annatto Color), Soybean Oil, 2% Or Less Of Bleached Wheat Flour, Modified Cornstarch, Sea Salt, Potassium Salt, Whey Protein Concentrate, Whey, Mono- And Diglycerides, Lactic Acid, Calcium Lactate.</p> <p>Contains: Eggs, Milk, Wheat Free From: NA Organic claims: NA Attributes: NA</p>		<p>Ingredients: Broccoli</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>		<p>Ingredients: Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Butter (cream, Natural Flavoring), Margarine (palm Oil, Water, Salt, Mono- And Diglycerides, Soy Lecithin, Sodium Benzoate [preservative], Artificial Flavor, Beta-carotene [color], Vitamin A Palmitate), Water, Wheat Flour, Contains Less Than 2% Of Baking Soda, Cream Of Tartar, Eggs, Salt, Spice.</p> <p>manufactured On Equipment That Also Processes Products Containing Peanuts/tree Nuts.</p> <p>Contains: Eggs, Milk, Soy, Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>		<p>Ingredients: Pear</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	
Nutrition Information		Nutrition Information		Nutrition Information		Nutrition Information		Nutrition Information	
170 Calories per serving	Serving size 1 Serving (70g)	310 Calories per serving	Serving size 1 Serving (228g)	20 Calories per serving	Serving size 1 cup (85g)	120 Calories per serving	Serving size 1 cookie (28g)	90 Calories per serving	Serving size 1 pear, medium (approx 2-1/2 per lb) (166g)
Total Fat 10g	13%	Total Fat 15g	19%	Total Fat 0g	0%	Total Fat 5g	6%	Total Fat 0g	0%
Saturated Fat 3.5g	18%	Saturated Fat 6g	30%	Saturated Fat 0g	0%	Saturated Fat 3g	15%	Saturated Fat 0g	0%
Trans Fat		Trans Fat		Trans Fat		Trans Fat		Trans Fat	
Cholesterol 30mg	10%	Cholesterol 25mg	8%	Cholesterol 0mg	0%	Cholesterol 15mg	5%	Cholesterol 0mg	0%
Sodium 390mg	17%	Sodium 880mg	38%	Sodium 20mg	1%	Sodium 90mg	4%	Sodium 0mg	0%
Total Carbohydrate 8g	3%	Total Carbohydrate 32g	12%	Total Carbohydrate 4g	1%	Total Carbohydrate 17g	6%	Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%	Dietary Fiber 1g	4%	Dietary Fiber 3g	11%	Dietary Fiber 0g	0%	Dietary Fiber 5g	18%
Total Sugars	8%	Total Sugars	0%	Total Sugars	0%	Total Sugars	18%	Total Sugars	
Includes 4g		Includes 0g		Includes 0g		Includes 9g		Includes NA	
Protein 12g	24%	Protein 12g	24%	Protein 2g	4%	Protein 1g	2%	Protein less than 1g	1%
Vitamin D 0mcg	0%	Vitamin D 0.1mcg	0%	Vitamin D 0mcg	0%	Vitamin D 0mcg	0%	Vitamin D 0mcg	0%
Calcium 30mg	2%	Calcium 240mg	20%	Calcium 50mg	4%	Calcium 4mg	0%	Calcium 15mg	2%
Iron 1.20mg	6%	Iron 0.20mg	2%	Iron 0.70mg	4%	Iron 1.00mg	6%	Iron 0.30mg	2%
Potassium 260mg	6%	Potassium 340mg	7%	Potassium 180mg	4%	Potassium 40mg	1%	Potassium 190mg	4%

Lake of the Ozarks Scout Reservation

2024 Menu

Breakfast - Thursday

Orange Juice	Cereal - Cinnamon Toast	Eggs	Bacon	Milk - 2%
<p>Ingredients: Filtered Water, Orange Juice Concentrate, Ascorbic Acid (vitamin C)*. *not Typically Found In In Unfortified Orange Juice</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Whole Grain Wheat, Sugar, Rice Flour, Polydextrose, Canola And/or Sunflower Oil, Maltodextrin, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color, Rosemary Extract. Bht Added To Preserve Freshness. Vitamins And Minerals: Calcium Carbonate, Vitamin C (sodium Ascorbate), Iron And Zinc (mineral Nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine Hydrochloride), Vitamin B1 (thiamin Mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic Acid), Vitamin B12, Vitamin D3.</p> <p>Contains: Soy, Wheat Free From: NA Organic claims: NA Attributes: Kosher, Vegetarian</p>	<p>Ingredients: Eggs.</p> <p>Contains: Eggs Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Cured With Water, Salt, Sugar, Sodium Phosphate, Smoked Sugar, Sodium Erythorbate, Sodium Nitrite.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3.</p> <p>Contains: Milk Free From: NA Organic claims: NA Attributes: Kosher</p>

Nutrition Information		Nutrition Information		Nutrition Information		Nutrition Information		Nutrition Information	
140 Calories per serving	Serving size	110 Calories per serving	Serving size 1 Serving (28g)	60 Calories per serving	Serving size 1 Medium Egg (44g)	90 Calories per serving	Serving size 2 Fried Slices (14g)	130 Calories per serving	Serving size
Total Fat 0g	0%	Total Fat 2.5g	3%	Total Fat 4g	5%	Total Fat 7g	9%	Total Fat 5g	6%
Saturated Fat 0g	0%	Saturated Fat 0g	0%	Saturated Fat 1.5g	8%	Saturated Fat 2.5g	13%	Saturated Fat 3g	15%
Trans Fat		Trans Fat		Trans Fat		Trans Fat		Trans Fat	
Cholesterol 0mg	0%	Cholesterol 0mg	0%	Cholesterol 165mg	55%	Cholesterol 15mg	5%	Cholesterol 20mg	7%
Sodium 40mg	2%	Sodium 160mg	7%	Sodium 60mg	3%	Sodium 270mg	12%	Sodium 130mg	6%
Total Carbohydrate 36g	13%	Total Carbohydrate 22g	8%	Total Carbohydrate 0g	0%	Total Carbohydrate 0g	0%	Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%	Dietary Fiber 4g	14%	Dietary Fiber 0g	0%	Dietary Fiber 0g	0%	Dietary Fiber 0g	0%
Total Sugars		Total Sugars		Total Sugars		Total Sugars		Total Sugars	
Includes 0g	0%	Includes 0g	12%	Includes 0g	0%	Includes 0g	0%	Includes 0g	0%
Protein 0g	0%	Protein 2g	4%	Protein 6g	12%	Protein 5g	10%	Protein 9g	18%
Vitamin D 0.0mcg	0%	Vitamin D 2.0mcg	10%	Vitamin D 1.0mcg	6%	Vitamin D 0mcg	0%	Vitamin D 3.0mcg	15%
Calcium 0mg	0%	Calcium 78mg	6%	Calcium 25mg	2%	Calcium 2mg	0%	Calcium 309mg	25%
Iron 0.00mg	0%	Iron 1.80mg	10%	Iron 1.00mg	6%	Iron 0mg	0%	Iron 0.00mg	0%
Potassium 720mg	15%	Potassium 0mg	0%	Potassium 60mg	1%	Potassium 85mg	2%	Potassium 420mg	9%

Lake of the Ozarks Scout Reservation

2024 Menu

Lunch - Thursday

Hotdogs	Hotdog Buns	Apple Sauce	Chips - Variety	Pudding - Chocolate	Drink Mix - Cherry
<p>Ingredients: Beef, Water, Contains 2% Or Less Of Salt, Spices, Sorbitol, Sodium Phosphates, Paprika, Sodium Erythorbate, Flavorings, Sodium Nitrite.</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Soy, Tree Nuts, Wheat</p> <p>Organic claims: NA</p> <p>Attributes: Gluten-Free</p>	<p>Ingredients: Enriched Wheat Flour (wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Contains 2% Or Less Of Each Of: Vegetable Oil (canola Oil Or Soybean Oil), Salt, Vinegar, Wheat Gluten, Preservatives (calcium Propionate, Sorbic Acid), Sodium Stearoyl Lactylate, Monoglycerides, Calcium Sulfate, Wheat Starch.</p> <p>Contains: Wheat</p> <p>May contains: Eggs, Milk, Sesame seeds, Soy</p> <p>Free From: Crustaceans, Fish, Peanuts, Tree Nuts</p> <p>Organic claims: NA</p> <p>Attributes: NA</p>	<p>Ingredients: Apples, Water, Ascorbic Acid (vitamin C).</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Molluscs, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat</p> <p>Organic claims: NA</p> <p>Attributes: NA</p>	<p>Nutrition facts not available. Please see individual bagged chip bags for ingredients.</p>	<p>Ingredients: Skim Milk, Water, Sugar, Modified Cornstarch, Contains Less Than 2% Of Cocoa Processed With Alkali, Canola Oil, Artificial And Natural Flavor, Salt, Sodium Phosphate, Sodium Stearoyl Lactylate (for Smooth Texture), Xanthan Gum.</p> <p>Contains: Milk</p> <p>Free From: NA</p> <p>Organic claims: Not organic</p> <p>Attributes: Kosher</p>	<p>Ingredients: Dextrose, Sugar, Citric Acid, Less Than 2%, Artificial Flavor, Red 40, Acesulfame Potassium, Ascorbic Acid (vitamin C), Red 40, Sucralose, Blue 1.</p> <p>Free From: Crustaceans, Eggs, Fish, Milk, Molluscs, Peanuts, Sesame seeds, Soy, Tree Nuts, Wheat</p> <p>Organic claims: NA</p> <p>Attributes: Kosher</p>
<p>Nutrition Information</p> <p>320 Calories per serving Serving size 1 Link (113g)</p> <p>Total Fat 34g 44% Saturated Fat 16g 80% Trans Fat 0%</p> <p>Cholesterol 70mg 23% Sodium 1170mg 51%</p> <p>Total Carbohydrate 2g 1% Dietary Fiber 0g 0% Total Sugars 0% Includes NA</p> <p>Protein 12g 24%</p> <p>Vitamin D NA 0% Calcium 0mg 0% Iron 0.22mg 4% Potassium NA 1%</p>	<p>Nutrition Information</p> <p>100 Calories per serving Serving size 1 Serving (41g)</p> <p>Total Fat 1g 1% Saturated Fat 0g 0% Trans Fat 0%</p> <p>Cholesterol 0mg 0% Sodium 160mg 7%</p> <p>Total Carbohydrate 19g 7% Dietary Fiber 1g 4% Total Sugars 4% Includes 2g</p> <p>Protein 3g 6%</p> <p>Vitamin D 0mcg 0% Calcium 30mg 2% Iron 1.30mg 8% Potassium 30mg 1%</p>	<p>Nutrition Information</p> <p>50 Calories per serving Serving size 1 Serving (111g)</p> <p>Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0%</p> <p>Cholesterol 0mg 0% Sodium 0mg 0%</p> <p>Total Carbohydrate 13g 5% Dietary Fiber 1g 4% Total Sugars 0% Includes 0g</p> <p>Protein 0g 0%</p> <p>Vitamin D 0mcg 0% Calcium 0mg 0% Iron 0mg 0% Potassium 0mg 0%</p>	<p>Nutrition Information</p> <p>90 Calories per serving Serving size 1 snack (99g) (99g)</p> <p>Total Fat 1.5g 2% Saturated Fat 0g 0% Trans Fat 0%</p> <p>Cholesterol 0mg 0% Sodium 105mg 5%</p> <p>Total Carbohydrate 23g 8% Dietary Fiber 0g 0% Total Sugars 32% Includes 16g</p> <p>Protein 2g 4%</p> <p>Vitamin D 0mcg 0% Calcium 50mg 4% Iron 1.00mg 6% Potassium 100mg 2%</p>	<p>Nutrition Information</p> <p>90 Calories per serving Serving size 1 Serving (24g)</p> <p>Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0%</p> <p>Cholesterol 0mg 0% Sodium 0mg 0%</p> <p>Total Carbohydrate 22g 8% Dietary Fiber 0g 0% Total Sugars 42% Includes 21g</p> <p>Protein 0g 0%</p> <p>Vitamin D 0mcg 0% Calcium 0mg 0% Iron 0mg 0% Potassium 0mg 0%</p>	

Lake of the Ozarks Scout Reservation

2024 Menu

Dinner - Thursday

Salisbury Steak	Brown Gravy	Potato	Green Beans	Cookies – Chocolate Chip
<p>Ingredients: Ground Beef.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Food Starch - Modified, Wheat Flour, Hydrolyzed Soy Protein, Beef Tallow, Salt, Whey, Caramel Color, With 2% Or Less Onion Powder, Yeast Extract, Silicon Dioxide (anti-caking Agent), Garlic Powder, Beet Powder (color).</p> <p>Contains: Milk, Soy, Wheat Free From: Crustaceans, Eggs, Fish, Peanuts, Sesame seeds, Tree Nuts Organic claims: NA Attributes: NA</p>	<p>Ingredients: Russet Potato.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Green Beans.</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Ingredients: Sugar, Chocolate Chips (sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Artificial Flavor, Milk), Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Shortening (palm Oil), Water, Margarine (palm Oil, Water, Salt, Mono- And Diglycerides, Soy Lecithin, Sodium Benzoate [preservative], Artificial Flavor, Beta-carotene [color]), Vitamin A Palmitate), Contains Less Than 2% Of Baking Soda, Eggs, Molasses, Natural Flavors (milk), Salt, White Chocolate Flavored Powder (sugar, Creamer [coconut Oil, Corn Syrup Solids, Sodium Caseinate {milk}, Sugar, Tricalcium Phosphate, Dipotassium Phosphate, Propylene Glycol Esters Of Fatty Acids, Mono- And Diglycerides, Salt, Artificial Flavor], Maltodextrin, Natural And Artificial Flavor, Guar Gum, Xanthan Gum). manufactured On Equipment That Also Processes Products Containing Peanuts/tree Nuts.</p> <p>Contains: Eggs, Milk, Soy, Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>
<p>Nutrition Information</p> <p>270 Calories per serving</p> <p>Serving size 3.2 Ounces (91g)</p> <p>Total Fat 23g 29%</p> <p>Saturated Fat 9g 45%</p> <p>Trans Fat</p> <p>Cholesterol 65mg 22%</p> <p>Sodium 50mg 2%</p> <p>Total Carbohydrate 0g 0%</p> <p>Dietary Fiber 0g 0%</p> <p>Total Sugars</p> <p>Includes NA</p> <p>Protein 16g 32%</p> <p>Vitamin D NA</p> <p>Calcium 0mg 0%</p> <p>Iron 1.44mg 8%</p> <p>Potassium NA</p>	<p>Nutrition Information</p> <p>15 Calories per serving</p> <p>Serving size 1 Serving (5g)</p> <p>Total Fat 0g 0%</p> <p>Saturated Fat 0g 0%</p> <p>Trans Fat</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 330mg 14%</p> <p>Total Carbohydrate 3g 1%</p> <p>Dietary Fiber 0g 0%</p> <p>Total Sugars</p> <p>Includes 0g 0%</p> <p>Protein 0g 0%</p> <p>Vitamin D 0.0mcg 0%</p> <p>Calcium 5mg 0%</p> <p>Iron 0.00mg 0%</p> <p>Potassium 15mg 0%</p>	<p>Nutrition Information</p> <p>270 Calories per serving</p> <p>Serving size 1 Medium Potato (340g)</p> <p>Total Fat 0g 0%</p> <p>Saturated Fat 0g 0%</p> <p>Trans Fat</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 15mg 0%</p> <p>Total Carbohydrate NA 1%</p> <p>Dietary Fiber 4g 0%</p> <p>Total Sugars</p> <p>Includes 0g 0%</p> <p>Protein 7g 0%</p> <p>Vitamin D 0mcg 0%</p> <p>Calcium 44mg 0%</p> <p>Iron 2.92mg 0%</p> <p>Potassium 1420mg 0%</p>	<p>Nutrition Information</p> <p>25 Calories per serving</p> <p>Serving size 2/3 Cup (72g)</p> <p>Total Fat 0g 0%</p> <p>Saturated Fat 0g 0%</p> <p>Trans Fat</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 0mg 0%</p> <p>Total Carbohydrate 5g 2%</p> <p>Dietary Fiber 2g 7%</p> <p>Total Sugars</p> <p>Includes 0g 0%</p> <p>Protein 1g 2%</p> <p>Vitamin D 0mcg 0%</p> <p>Calcium 30mg 2%</p> <p>Iron 0.61mg 4%</p> <p>Potassium 135mg 3%</p>	<p>Nutrition Information</p> <p>130 Calories per serving</p> <p>Serving size 1.0 Ounces (28g)</p> <p>Total Fat 6g 8%</p> <p>Saturated Fat 3g 15%</p> <p>Trans Fat</p> <p>Cholesterol less than 5mg 2%</p> <p>Sodium 65mg 3%</p> <p>Total Carbohydrate 18g 7%</p> <p>Dietary Fiber 1g 4%</p> <p>Total Sugars</p> <p>Includes 11g 22%</p> <p>Protein 1g 2%</p> <p>Vitamin D 0mcg 0%</p> <p>Calcium 6mg 0%</p> <p>Iron 1.00mg 6%</p> <p>Potassium 45mg 1%</p>

Lake of the Ozarks Scout Reservation

2024 Menu

Breakfast - Friday

Orange Juice	Eggs	Bacon	Potato Hashbrown Patty
<p>Ingredients: Filtered Water, Orange Juice Concentrate, Ascorbic Acid (vitamin C)*. *not Typically Found In In Unfortified Orange Juice</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Eggs.</p> <p>Contains: Eggs Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Cured With Water, Salt, Sugar, Sodium Phosphate, Smoked Sugar, Sodium Erythorbate, Sodium Nitrite.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Potatoes, Vegetable Oil (soybean, Canola, Cottonseed, And/or Sunflower), Contains Less Than 2% Of Dextrose, Salt, Disodium Dihydrogen Pyrophosphate (to Maintain Natural Color).</p> <p>Free From: Almonds, Brazil Nuts, Cashew, Crustaceans, Eggs, Fish, Hazelnut and Hazelnut Products, Macadamia nut, Milk, Peanuts, Pecan nut, Pistachio, Soy, Walnuts, Wheat Organic claims: NA Attributes: Gluten-Free</p>

Nutrition Information		Nutrition Information		Nutrition Information		Nutrition Information	
140 Calories per serving	Serving size	60 Calories per serving	Serving size 1 Medium Egg (44g)	90 Calories per serving	Serving size 2 Fried Slices (14g)	120 Calories per serving	Serving size 1 patty (64g)
Total Fat 0g	0%	Total Fat 4g	5%	Total Fat 7g	9%	Total Fat 6g	8%
Saturated Fat 0g	0%	Saturated Fat 1.5g	8%	Saturated Fat 2.5g	13%	Saturated Fat 1g	5%
Trans Fat		Trans Fat		Trans Fat		Trans Fat	
Cholesterol 0mg	0%	Cholesterol 165mg	55%	Cholesterol 15mg	5%	Cholesterol 0mg	0%
Sodium 40mg	2%	Sodium 60mg	3%	Sodium 270mg	12%	Sodium 270mg	12%
Total Carbohydrate 36g	13%	Total Carbohydrate 0g	0%	Total Carbohydrate 0g	0%	Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%	Dietary Fiber 0g	0%	Dietary Fiber 0g	0%	Dietary Fiber 1g	4%
Total Sugars		Total Sugars		Total Sugars		Total Sugars	
Includes 0g	0%	Includes 0g	0%	Includes 0g	0%	Includes 0g	0%
Protein 0g	0%	Protein 6g	12%	Protein 5g	10%	Protein 1g	2%
Vitamin D 0.0mcg	0%	Vitamin D 1.0mcg	6%	Vitamin D 0mcg	0%	Vitamin D 0.0mcg	0%
Calcium 0mg	0%	Calcium 25mg	2%	Calcium 2mg	0%	Calcium 0mg	0%
Iron 0.00mg	0%	Iron 1.00mg	6%	Iron 0mg	0%	Iron 0.00mg	0%
Potassium 720mg	15%	Potassium 60mg	1%	Potassium 85mg	2%	Potassium 210mg	4%

Lake of the Ozarks Scout Reservation

2024 Menu

Lunch - Friday

Orange Juice		Turkey		Cheese		Lettuce	
<p>Ingredients: Ingredients: Bleached Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Blend Of vegetable Oils (soybean Oil, Hydrogenated Cottonseed Oil), Contains 2% Or less Of The Following: Leavening (sodium Acid Pyrophosphate, Sodium bicarbonate, Corn Starch, Monocalcium Phosphate), Salt, Tortilla Premix [mono-and Diglycerides, Guar Gum, Dextrose, Cellulose Gum, Enzyme Blend (salt, Wheat Starch, Enzyme(s))], Sugar, Calcium Propionate (preservative), Vital Wheat Gluten, Fumaric Acid, Potassium Sorbate (preservative), Sodium Metabisulfite.</p> <p>Contains: Wheat Free From: NA Organic claims: NA Attributes: Kosher</p>		<p>Ingredients: Turkey Breast Meat, Water, Salt, Turbinado Sugar, Potato Starch, Baking Soda.</p> <p>Free From: Almonds, Brazil Nuts, Cashew, Crustaceans, Eggs, Fish, Hazelnut and Hazelnut Products, Macadamia nut, Milk, Peanuts, Pecan nut, Pine Nuts, Pistachio, Sesame seeds, Shellfish, Soy, Tree Nuts, Walnuts, Wheat Organic claims: NA Attributes: NA</p>		<p>Ingredients: Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (preservative), Citric Acid, Enzymes, Soy Lecithin, Apo Carotenal And Beta Carotene (color).</p> <p>Contains: Milk, Soy Free From: NA Organic claims: NA Attributes: Coeliac, Gluten-Free</p>		<p>Ingredients: Lettuce.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	
<p>Nutrition Information</p> <p>130 Calories per serving Serving size 1 Piece (44g)</p> <p>Total Fat 3g 4% Saturated Fat 1g 5% Trans Fat</p> <p>Cholesterol 0mg 0% Sodium 340mg 15%</p> <p>Total Carbohydrate 22g 8% Dietary Fiber 1g 4% Total Sugars 2% Includes 1g</p> <p>Protein 3g 6% Vitamin D 0mcg 0% Calcium 83mg 6% Iron 1.00mg 6% Potassium 50mg 1%</p>		<p>Nutrition Information</p> <p>50 Calories per serving Serving size 1 Serving (56g)</p> <p>Total Fat 1g 1% Saturated Fat 0.5g 3% Trans Fat</p> <p>Cholesterol 25mg 8% Sodium 550mg 24%</p> <p>Total Carbohydrate 1g 0% Dietary Fiber 0g 0% Total Sugars 0% Includes NA</p> <p>Protein 11g 22% Vitamin D NA 0% Calcium NA 0% Iron NA 0% Potassium NA 0%</p>		<p>Nutrition Information</p> <p>100 Calories per serving Serving size 2 slices (28g)</p> <p>Total Fat 9g 12% Saturated Fat 5g 25% Trans Fat</p> <p>Cholesterol 25mg 8% Sodium 500mg 22%</p> <p>Total Carbohydrate 2g 1% Dietary Fiber 0g 0% Total Sugars 0% Includes 0g</p> <p>Protein 5g 10% Vitamin D 0.2mcg 2% Calcium 130mg 10% Iron 0.10mg 0% Potassium 60mg 1%</p>		<p>Nutrition Information</p> <p>0 Calories per serving Serving size 1 leaf, medium (8g)</p> <p>Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat</p> <p>Cholesterol 0mg 0% Sodium 0mg 0%</p> <p>Total Carbohydrate 0g 0% Dietary Fiber 0g 0% Total Sugars 0% Includes NA</p> <p>Protein 0g 0% Vitamin D 0.0mcg 0% Calcium 1mg 0% Iron 0.03mg 0% Potassium 10mg 0%</p>	

Lake of the Ozarks Scout Reservation

2024 Menu

Lunch cont'd - Friday

Tomatoes		Apple		Chips - Variety		Cookies - Sugar		Drink Mix - Grape	
Ingredients: Tomatoes. Free From: NA Organic claims: NA Attributes: NA		Ingredients: Apples. Free From: NA Organic claims: NA Attributes: NA		Nutrition facts not available. Please see individual bagged chip bags for ingredients.		Ingredients: Enriched Wheat Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Margarine (palm Oil, Water, Salt, Mono- And Diglycerides, Soy Lecithin, Sodium Benzoate [preservative], Artificial Flavor, Beta-carotene [color], Vitamin A Palmitate), Wheat Flour, Shortening (palm Oil), Water, Contains Less Than 2% Of Baking Soda, Eggs, Natural And Artificial Flavors (milk), Salt, manufactured On Equipment That Also Processes Products Containing Peanuts/tree Nuts. Contains: Eggs, Milk, Soy, Wheat Free From: NA Organic claims: NA Attributes: Kosher		Ingredients: Sugar, Dextrose, Citric Acid, Ascorbic Acid (vitamin C), Natural And Artificial Flavor, Red 40, Blue 1 Lake, Red 40 Lake, Blue 1. Free From: NA Organic claims: NA Attributes: Coeliac, Gluten-Free, Kosher	
Nutrition Information 130 Calories per serving Serving size 1 Piece (44g)		Nutrition Information 100 Calories per serving Serving size 1 apple (181g)		Nutrition Information 0 Calories per serving Serving size 1 leaf, medium (8g)		Nutrition Information 120 Calories per serving Serving size 3 Tbsp (32g) Makes 12 fl oz. (21g)			
Total Fat 3g Saturated Fat 1g Trans Fat		Total Fat 0g Saturated Fat 0g Trans Fat		Total Fat 0g Saturated Fat 0g Trans Fat		Total Fat 0g Saturated Fat 0g Trans Fat			
Cholesterol 0mg Sodium 340mg		Cholesterol NA Sodium 0mg		Cholesterol 0mg Sodium 0mg		Cholesterol 0mg Sodium 0mg			
Total Carbohydrate 22g Dietary Fiber 1g Total Sugars Includes 1g		Total Carbohydrate 24g Dietary Fiber 4g Total Sugars Includes NA		Total Carbohydrate 0g Dietary Fiber 0g Total Sugars Includes NA		Total Carbohydrate 31g Dietary Fiber 0g Total Sugars Includes 30g			
Protein 3g Vitamin D 0mcg Calcium 83mg Iron 1.00mg Potassium 50mg		Protein 0g Vitamin D NA Calcium 1mg Iron 1.20mg Potassium NA		Protein 0g Vitamin D 0.0mcg Calcium 1mg Iron 0.03mg Potassium 10mg		Protein 0g Vitamin D 0mcg Calcium 0mg Iron 0mg Potassium 0mg			

Lake of the Ozarks Scout Reservation

2024 Menu

Dinner – Friday (Camp wide)

Pork Butt	Hamburger Bun	Macaroni & Cheese	Corn	Ice Cream – Vanilla	Ice Cream – Chocolate
<p>Ingredients: Pork.</p> <p>Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Unbleached Enriched Flour (wheat Flour, Malted Barley flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, yeast, Contains 2% Or Less Of The Following: Soybean Oil, Wheat Gluten, Salt, calcium Propionate (preservative), Wheat Starch, Enzymes, Sesame Flour, ascorbic Acid. (not Made With Be Ingredients)</p> <p>Contains: Wheat, Sesame Seeds Free From: Crustaceans, Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Blanched Macaroni Product (water, Semolina, Dried Egg Whites), Skim Milk, Water, Cheddar Cheese (cultured Milk, Salt, Enzymes, Annatto Color), Cheddar Club Cheese (cheddar Cheese [cultured Milk, Salt, Enzymes], Water, Contains 2% Or Less Of Salt, Annatto Color), Soybean Oil, 2% Or Less Of Bleached Wheat Flour, Modified Cornstarch, Sea Salt, Potassium Salt, Whey Protein Concentrate, Whey, Mono- And Diglycerides, Lactic Acid, Calcium Lactate.</p> <p>Contains: Eggs, Milk, Wheat Free From: NA Organic claims: NA Attributes: NA</p>	<p>Ingredients: Corn.</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Milk, Cream, Skim Milk, Corn Syrup, Buttermilk, High Fructose Corn Syrup, Whey, Sugar, Contains 1% Or Less Of Natural And Artificial Flavors, Guar Gum, Tara Gum, Cellulose Gel, Cellulose Gum, Carrageenan, Carob Bean Gum, Xanthan Gum, Mono And Diglycerides, Polysorbate 80, Annatto Extract For Color.</p> <p>Contains: Milk Free From: NA Organic claims: NA Attributes: Kosher</p>	<p>Ingredients: Milk, Cream, Buttermilk, Corn Syrup, Sugar, Whey, Skim Milk, Cocoa (cocoa Processed With Alkali, Salt, Sugar, Carrageenan, Natural Vanilla Flavor), Contains 1% Or Less Of Natural Flavor, Guar Gum, Carob Bean Gum, Tara Gum, Mono And Diglycerides, Cellulose Gel, Cellulose Gum, Xanthan Gum, Carrageenan, Polysorbate 80.</p> <p>Contains: Milk Free From: NA Organic claims: NA Attributes: Kosher</p>

Nutrition Information	Nutrition Information	Nutrition Information	Nutrition Information	Nutrition Information	Nutrition Information
220 Calories per serving	240 Calories per serving	310 Calories per serving	90 Calories per serving	130 Calories per serving	130 Calories per serving
Serving size 4 oz (112g)	Serving size 1 Bun (85g)	Serving size 1 Serving (228g)	Serving size 1 (Ear) Count (85g)	Serving size 1 unit (64g)	Serving size 1 Unit (64g)
Total Fat 14g	Total Fat 2g	Total Fat 15g	Total Fat 2.5g	Total Fat 6g	Total Fat 7g
Saturated Fat 4.5g	Saturated Fat 0g	Saturated Fat 0g	Saturated Fat 0g	Saturated Fat 4g	Saturated Fat 4g
Trans Fat	Trans Fat	Trans Fat	Trans Fat	Trans Fat	Trans Fat
Cholesterol 70mg	Cholesterol 0mg	Cholesterol 25mg	Cholesterol 0mg	Cholesterol 25mg	Cholesterol 25mg
Sodium 95mg	Sodium 410mg	Sodium 880mg	Sodium 0mg	Sodium 40mg	Sodium 50mg
Total Carbohydrate 0g	Total Carbohydrate 46g	Total Carbohydrate 32g	Total Carbohydrate 17g	Total Carbohydrate 16g	Total Carbohydrate 17g
Dietary Fiber 0g	Dietary Fiber 1g	Dietary Fiber 1g	Dietary Fiber 2g	Dietary Fiber 0g	Dietary Fiber 0g
Total Sugars	Total Sugars	Total Sugars	Total Sugars	Total Sugars	Total Sugars
Includes 0g	Includes 8g	Includes 0g	Includes 0g	Includes 7g	Includes 7g
Protein 21g	Protein 7g	Protein 12g	Protein 4g	Protein 2g	Protein 3g
Vitamin D 1.0mcg	Vitamin D 0mcg	Vitamin D 0.1mcg	Vitamin D 0mcg	Vitamin D 0.0mcg	Vitamin D 0.0mcg
Calcium 13mg	Calcium 40mg	Calcium 240mg	Calcium 0mg	Calcium 80mg	Calcium 90mg
Iron 1.00mg	Iron 2.40mg	Iron 0.20mg	Iron 0mg	Iron 0.00mg	Iron 1.00mg
Potassium 460mg	Potassium 70mg	Potassium 340mg	Potassium 240mg	Potassium 110mg	Potassium 210mg

Lake of the Ozarks Scout Reservation

2024 Menu

Breakfast - Saturday

Donuts – Assorted		Orange Juice		Milk – 2%																																																																																					
<p>Ingredients: Plain Donut: Enriched Wheat Flour, Water, Sugar, Vegetable Oil (palm Oil Shortening, Canola And/or Soybean Oil), Soy Flour, Contains 2% Or Less Of: Skim Milk Powder, Sodium Acid Pyrophosphate, Dextrose, Salt, Sodium Bicarbonate, Whey Powder, Soya Lecithin, Preservatives (sodium Propionate, Potassium Sorbate), Xanthan Gum, Natural Flavour, Dried Albumen (egg Whites, Yeast, Preservative [citric Acid]). cinnamon Coating: Dextrose, Corn Starch, Palm Oil Shortening, Titanium Dioxide, Contains 2% Or Less Of: Cinnamon Ground, Preservatives (calcium Propionate, Potassium Sorbate), Natural Flavour. coconut Crunch: Bread Crumbs, Coconut, Sugar, Brown Sugar, Dextrose, Salt. glaze: Icing Sugar (sugar, Corn Starch), Water, Sugar, Palm Oil Shortening, Maltodextrin, Contains 2% Or Less Of: Icing Base (calcium Carbonate, Sugar, Agar, Salt, Mono And Diglycerides, Sorbitan Monostearate), Natural Flavour, Preservative (potassium Sorbate).</p> <p>Contains: Eggs, Milk, Soy, Tree Nuts, Wheat, Coconut Free From: NA Organic claims: NA Attributes: Kosher</p>		<p>Ingredients: Filtered Water, Orange Juice Concentrate, Ascorbic Acid (vitamin C)*. *not Typically Found In In Unfortified Orange Juice</p> <p>Free From: NA Organic claims: NA Attributes: Kosher</p>		<p>Ingredients: Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3.</p> <p>Contains: Milk Free From: NA Organic claims: NA Attributes: Kosher</p>																																																																																					
<p>Nutrition Information 250 Calories per serving Serving size 2 donut (plain) (70g)</p> <table border="1"> <tr><td>Total Fat 12g</td><td>15%</td></tr> <tr><td>Saturated Fat 1.5g</td><td>8%</td></tr> <tr><td>Trans Fat</td><td></td></tr> <tr><td>Cholesterol less than 5mg</td><td>2%</td></tr> <tr><td>Sodium 430mg</td><td>19%</td></tr> <tr><td>Total Carbohydrate 33g</td><td>12%</td></tr> <tr><td>Dietary Fiber 1g</td><td>4%</td></tr> <tr><td>Total Sugars</td><td></td></tr> <tr><td>Includes 13g</td><td>26%</td></tr> <tr><td>Protein 4g</td><td>8%</td></tr> <tr><td>Vitamin D 0mcg</td><td>0%</td></tr> <tr><td>Calcium 30mg</td><td>2%</td></tr> <tr><td>Iron 1.20mg</td><td>6%</td></tr> <tr><td>Potassium 0mg</td><td>0%</td></tr> </table>		Total Fat 12g	15%	Saturated Fat 1.5g	8%	Trans Fat		Cholesterol less than 5mg	2%	Sodium 430mg	19%	Total Carbohydrate 33g	12%	Dietary Fiber 1g	4%	Total Sugars		Includes 13g	26%	Protein 4g	8%	Vitamin D 0mcg	0%	Calcium 30mg	2%	Iron 1.20mg	6%	Potassium 0mg	0%	<p>Nutrition Information 130 Calories per serving Serving size 1 Piece (44g)</p> <table border="1"> <tr><td>Total Fat 3g</td><td>4%</td></tr> <tr><td>Saturated Fat 1g</td><td>5%</td></tr> <tr><td>Trans Fat</td><td></td></tr> <tr><td>Cholesterol 0mg</td><td>0%</td></tr> <tr><td>Sodium 340mg</td><td>15%</td></tr> <tr><td>Total Carbohydrate 22g</td><td>8%</td></tr> <tr><td>Dietary Fiber 1g</td><td>4%</td></tr> <tr><td>Total Sugars</td><td></td></tr> <tr><td>Includes 1g</td><td>2%</td></tr> <tr><td>Protein 3g</td><td>6%</td></tr> <tr><td>Vitamin D 0mcg</td><td>0%</td></tr> <tr><td>Calcium 83mg</td><td>6%</td></tr> <tr><td>Iron 1.00mg</td><td>6%</td></tr> <tr><td>Potassium 50mg</td><td>1%</td></tr> </table>		Total Fat 3g	4%	Saturated Fat 1g	5%	Trans Fat		Cholesterol 0mg	0%	Sodium 340mg	15%	Total Carbohydrate 22g	8%	Dietary Fiber 1g	4%	Total Sugars		Includes 1g	2%	Protein 3g	6%	Vitamin D 0mcg	0%	Calcium 83mg	6%	Iron 1.00mg	6%	Potassium 50mg	1%	<p>Nutrition Information 130 Calories per serving Serving size</p> <table border="1"> <tr><td>Total Fat 5g</td><td>6%</td></tr> <tr><td>Saturated Fat 3g</td><td>15%</td></tr> <tr><td>Trans Fat</td><td></td></tr> <tr><td>Cholesterol 20mg</td><td>7%</td></tr> <tr><td>Sodium 130mg</td><td>6%</td></tr> <tr><td>Total Carbohydrate 13g</td><td>5%</td></tr> <tr><td>Dietary Fiber 0g</td><td>0%</td></tr> <tr><td>Total Sugars</td><td></td></tr> <tr><td>Includes 0g</td><td>0%</td></tr> <tr><td>Protein 9g</td><td>18%</td></tr> <tr><td>Vitamin D 3.0mcg</td><td>15%</td></tr> <tr><td>Calcium 309mg</td><td>25%</td></tr> <tr><td>Iron 0.00mg</td><td>0%</td></tr> <tr><td>Potassium 420mg</td><td>9%</td></tr> </table>		Total Fat 5g	6%	Saturated Fat 3g	15%	Trans Fat		Cholesterol 20mg	7%	Sodium 130mg	6%	Total Carbohydrate 13g	5%	Dietary Fiber 0g	0%	Total Sugars		Includes 0g	0%	Protein 9g	18%	Vitamin D 3.0mcg	15%	Calcium 309mg	25%	Iron 0.00mg	0%	Potassium 420mg	9%
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