

Camp Shining Stars

"Where Winners Lose!"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Bagel with Tomato (180)	2 Pancakes (140)	2 Cereal (120-180)	Cheese Omelet (250)	1 Cereal (60-90)	2 Waffles (180)
	1 Cream Cheese (45)	1 Sausage Patty (105)	or	1 Slice Bread (40)	1 Muffin or 1 Bread (65-85)	1 Margarine (25)
	1 Jelly (15)	1 Syrup (15)	1 Cup Oatmeal (170)	1 Jelly or Ketchup (15)	1 Margarine (25)	1 Syrup (15)
	or	or	1 Walnut or Honey (80)	or	or	or
	1 Cup Oatmeal (170)	1 Cup Oatmeal (170)	and	1 Cup Oatmeal (170)	1 Cup Oatmeal (170)	1 Cup Oatmeal (170)
	1 Walnut or Honey (80)	1 Walnut or Honey (80)	1 Milk or Yogurt (90)	1 Walnut or Honey (80)	1 Walnut or Honey (80)	1 Walnut or Honey (80)
	and	and	1 High Fruit (110)	and	and	and
	1 Milk or Yogurt (90)	1 Milk or Yogurt (90)		1 Milk or Yogurt (90)	1 Milk or Yogurt (90)	1 Milk or Yogurt (90)
	1 Medium Fruit (70)	1 Low Fruit (40)		1 Low Fruit (40)	1 High Fruit (110)	1 High Fruit (110)
BRUNCH	TOTAL = 400	TOTAL = 390	TOTAL = 380	TOTAL = 425	TOTAL = 400	TOTAL = 420
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2 Turkey Links (140)	Strx. Baked Potato (235)	Steak or Chicken	Chicken or Steak	Turkey Melt (270)	Ravioli, 6 (150)	Vegetarian Chili
2 French Toast (170)	1 Mozzarella Cheese (50)	Philly "Sub" (315)	Quesidilla (290)	Saurekraut (5)	Marinara Sauce, 1/3 c (45)	Dorito Chips
1 Syrup (15)	or 1 Sour Cream (40)	Onions and	1 Salsa (20)	Cucumber sticks (10)	Carrot Sticks, 3 (20)	1 Milk or Yogurt (90)
1 Margarine (25)	1 Milk or Yogurt (90)	Mushrooms, 1/2 c (10)	1 Milk or Yogurt (90)	1 Milk or Yogurt (90)	1 Milk or Yogurt (90)	1 Low Fruit (40)
1 Chocolate Syrup (15)	1 Low Fruit (40)	1 Milk or Yogurt (90)	1 Low Fruit (40)	1 Low Fruit (40)	1 High Fruit (110)	1 Jell-O (5)
1 Frozen Banana (120)	1 Jell-O (5)	1 Low Fruit (40)	1 Jell-O (5)	1 Jell-O (5)	1 Jell-O (5)	Salad Bar + Dressing (75)
1 Milk or Yogurt (90)	Salad Bar + Dressing (75)	1 Jell-O (5)	Salad Bar + Dressing (75)	Salad Bar + Dressing (75)	Salad Bar + Dressing (75)	
1 Jell-O (5)		Salad Bar + Dressing (75)				
Salad Bar + Dressing (75)						
TOTAL = 755	TOTAL = 505	TOTAL = 520	TOTAL = 520	TOTAL = 500	TOTAL = 495	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Beef or Fish (225)	Chicken Parmesan (310)	Egg Pie (440)	Cheese Lasagna (195)		1 Hamburger (240)	Meatloaf (255)
Rice (85)	Italian Beans (50)	1 Medium Vegetable (30)	1 Roll (80)	MANAGER'S	or 2 Turkey Dogs (260)	Potatoes (120)
Green Beans (20)	1 Mozzarella Cheese (50)	1 Jell-O (5)	1 Medium Vegetable (50)	CHOICE	Beans or Corn (60)	1 Low Vegetable (20)
Almonds (60)	1 Jell-O (5)	Salad Bar + Dressing (75)	1 Margarine (25)		1 Bun (140)	1 Margarine (25)
1 Jell-O (5)	Salad Bar + Dressing (75)	1 Medium Desert (75)	1 Parmesan Cheese (35)	1 Jell-O (5)	2 Ketchup or Mustard (20)	2 Ketchup (20)
Salad Bar + Dressing (90)	1 High Dessert (110)		1 Jell-O (5)	Salad Bar + Dressing (75)	1 Slice Cheese (70)	1 Jell-O (5)
1 High Dessert (110)			Salad Bar + Dressing (75)	1 Dessert	Salad Bar + Dressing (75)	Salad Bar + Dressing (75)
			1 High Dessert (110)		1 Jell-O with Whip (15)	1 Low Dessert (40)
TOTAL = 595	TOTAL = 590	TOTAL = 625	TOTAL = 575	TOTAL = 600	TOTAL = 640	TOTAL = 560