

Breakfast
Calories

Day 1: Sunday - June 18
Fly-in Day Crew A
Calzones

Day 2: Monday - June 19
Fly-in Day Crew B / Flat-water
Chicken w/ Mashed Potatoes & Gravy

Instant Breakfast (bulk)	130
Hot Chocolate (bulk)	120
Coffee (bulk)	0
Tortillas (2) (bulk)	260
Eggs/Sausage/Cheese	160
Bacon (bulk)	180
Quaker Oats Cereal Bar	130
Salsa (bulk)	30
Total Calories	1010

Day 3: Tuesday - June 20
Flat Water
Chicken/Shrimp Stir Fry

Instant Breakfast (bulk)	130
Hot Chocolate (bulk)	120
Coffee (bulk)	0
Oatmeal (2) (bulk)	400
Cereal Bar (bulk)	160
Power Bar (bulk)	220
Total Calories	1030

Lunch

Day 1 - White Cards

Day 2 - Orange Cards

Oranges (bulk)	40
Wasa Crackers	165
Beef Sticks (bulk)	400
Laughing Cow Cheese (bulk)	125
Pringles (2 King Cans) (bulk)	160
Oatmeal Cream Pie (2)	340
Total	1230

Day 3 - Purple Cards

Ramen Noodles (6 pkg) (bulk)	200
Pita Bread (bulk)	140
String Cheese (bulk)	140
Chicken	100
Lettuce (bulk)	50
Salsa (bulk)	30
Milky Way	250
Pretzels	100
Power Bar (bulk)	240
Total	1250

Dinner

Day 1: Mafia Night

Pita Pockets (1.5 per person)	270
Pepperonis (6 per half Pita)	125
Pizza Sauce (0.75 tube per person)	125
Mushrooms	50
Tea (bulk)	30
Rice Krispy Treats	350
Total	950

Day 2: Home Style Night

Chicken Noodle Soup	70
Mashed Potatoes (1 pkg per 2 people)	220
Gravy	25
Chicken (1 pkg per 2 people)	100
Dr. Oetker's Wild Blueberries	330
Swiss Cake Rolls	270
Tea (bulk)	30
Total	1045

Day 3: Asian Night

Egg Drop and Hot & Sour Soups	110
Rice (1.5 pkg per person)	360
Chicken (1 pkg per 2 people)	100
Shrimp	100
Water chestnuts/Snow Peas	60
Mushrooms	5
Soy Sauce	50
Tea (bulk)	30
Devils' Squares	270
Total	1085

Total

950

3285

3365

Day 4: Wednesday - June 21

Flat Water - Summer Solstice
Summer Solstice

Soft Tacos - Summer Solstice

Instant Breakfast (bulk)	130
Hot Chocolate (bulk)	120
Coffee (bulk)	0
Cream of Wheat (2) (bulk)	260
Cinnamon Crumb Cake	340
Power Bar (bulk)	220

Total Calories 1070

Day 5: Thursday - June 22

Flat Water

Pizza Pasta Bake

Instant Breakfast (bulk)	130
Hot Chocolate (bulk)	120
Coffee (bulk)	0
Eggs	180
Hash Browns	120
Bacon	90
Cereal Bar (bulk)	160
Power Bar (bulk)	220
Total Calories	1020

Day 6: Friday - June 23

Flat Water

Creamy Garlic Shells with Crab Meat

Instant Breakfast (bulk)	130
Hot Chocolate (bulk)	120
Coffee (bulk)	0
Oatmeal (2) (bulk)	400
Nutri-Grain Cereal Bar (bulk)	140
Power Bar (bulk)	220

Total Calories 1010

Day 4 - Blue Cards
Day 4: Mexican Night

Tortillas (2) (bulk)	260
Chicken	120
Cheese Slices (bulk)	240
Jerky	160
Salsa (bulk)	30
Pringles (2 King Cans) (bulk)	150
Rice Krispy Treats (bulk)	340

1300

Day 5 - Yellow Cards

Bagels (2) (bulk)	300
Hard Salami (2 oz) (bulk)	220
Cheese (2) Velveeta (bulk)	120
Jelly - 2 squeeze tubes	100
Pringles (2 King Cans) (bulk)	160
Reese's Cookie	180
Power Bar (bulk)	240

1320

Day 6 - Red Cards

Apples (1) (bulk)	50
Mac and Cheese (bulk)	380
Baby Bel Cheese (bulk)	240
Meat Stick (bulk)	200
White Chocolate Cookie	180
Pretzels	100

1150

Tortilla Soup	100
Tortillas (2)	260
Hamburger	150
Spanish Rice	360
Refried Beans	150
Salsa (bulk)	30
Tea (bulk)	30
Banana Nut Biscuits	330

1410 3780

Day 5: Northern Italian Night

Cheddar Potato Soup	140
Rotini	400
Tomato Sauce	150
Pepperoni	150
Cheese	200
Garlic Bread	190
Tea (bulk)	30
Candy Bar	260

1520 3860

Day 6: French Night

Tomato Basil Soup	100
Pasta Shells	400
Creamy Sauce	150
Chicken (1 pkg per 2 people)	100
Crab Meat (90 Calories)	
Garlic Bread	220
Tea (bulk)	30
Krusteuz Blueberry Muffins	330

1330 3490

Day 7: Saturday - June 24:

Rest Day
Frito Pie

Instant Breakfast (bulk)	130
Hot Chocolate (bulk)	120
Coffee (bulk)	0
Tortillas (2) (bulk)	260
Mexican Eggs	160
Bacon (bulk)	180
Cereal Bar (bulk)	160
Salsa (bulk)	30
Total Calories	1040

Day 7 - Moss Green Cards

Bagels (2) (bulk)	300
Brick Cheese (bulk)	130
Pepperoni Slices	150
Hard Salami (2 oz) (bulk)	220
Snickers Bar	250
Pringles (2 King Cans) (bulk)	160
Total	1210

Day 7: San Antonio Night

Hamburger	150
Chili Sauce	100
Fritos	350
Cheese	250
Tea (bulk)	30
Dr. Oetker's Field Berries	350
Total	1230

3480

Day 8: Sunday - June 25

Whitewater
Chicken Cordon Bleu Casserole

Instant Breakfast (bulk)	130
Hot Chocolate (bulk)	120
Coffee (bulk)	0
Cream of Wheat (2) (bulk)	260
Cereal Bar (bulk)	160
Power Bar (2) (bulk)	440
Total Calories	1110

Day 8 - Lavender

Ramen Noodles (6 pkg) (bulk)	200
Tortillas (bulk)	140
String Cheese (bulk)	140
Turkey	100
Salsa (bulk)	30
Pretzels	100
3 Musketeers Bar	250
Power Bar (bulk)	240
Total	1200

Day 8: Paris Bistro Night

Chicken Noodle Soup	80
Mashed Potatoes (1 pkg per 2 people)	220
Gravy	25
Chicken Mushroom Soup	120
Chicken	100
Croutons	90
Hard Salami	100
Mozzarella Cheese	200
Butter Buds	40
Tea (bulk)	30
Rice Krispy Treats	330
Total	1335

3645

Day 9: Monday - June 26

Whitewater
Pizza Pasta Bake

Instant Breakfast (bulk)	130
Hot Chocolate (bulk)	120
Coffee (bulk)	0
Oatmeal (2) (bulk)	400
Pria Bar (bulk)	110
Cheddar Cheese Corn Bread	250
Total Calories	1010

Day 9 - Lime Green Cards

Oranges (bulk)	40
Bagels (2) (bulk)	300
Hard Salami (2 oz) (bulk)	220
Brick Cheese (bulk)	130
Pringles (2 King Cans) (bulk)	160
Jelly (2 squeeze tubes)	100
Snickers Bar	250
Total	1200

Day 9: Italian Night

Minestrone Soup	110
Rotini	400
Tomato Sauce	150
Cheese	200
Pepperoni	150
Garlic Bread	190
Tea (bulk)	30
Candy Bar	260
Total	1490

3700

Day 10: Tuesday - June 27

Whitewater	
Soft Chicken Burritos	
Instant Breakfast (bulk)	130
Hot Chocolate (bulk)	120
Coffee (bulk)	0
Oatmeal (2) (bulk)	400
Nutri-Grain Cereal Bar (bulk)	140
Wild Berry Muffins	250
Pria Bar (bulk)	110
Total Calories	1150

Day 11 Wednesday - June 28

Whitewater	
Spaghetti with Moose Meat & Sauce	
Instant Breakfast (bulk)	130
Hot Chocolate (bulk)	120
Coffee (bulk)	0
Eggs	100
Hash Browns	120
Bacon	180
Hill Country Blueberry Muffins	270
Power Bar (bulk)	220
Total Calories	1140

Day 12 Thursday - June 29

Whitewater	
Frito Pie	
Instant Breakfast (bulk)	130
Hot Chocolate (bulk)	120
Coffee (bulk)	0
Oatmeal (2) (bulk)	400
3 Cheese Biscuits	250
Pria Bar (bulk)	110
Total Calories	1010

Day 10 - Orange Cards

Mac and Cheese (bulk)	380
Baby Bel Cheese (bulk)	240
Meat Stick (bulk)	200
Rice Krispy Treats (bulk)	340
Pretzels	100
Total	1260

Day 11 - Purple Cards

Tortillas (2) (bulk)	260
Chicken	130
Cheese (2) Velveeta (bulk)	120
Chocolate/Carmel Cookie	180
Salsa (bulk)	30
Pringles (4 regular cans) (bulk)	160
Starburst	90
Total	970

Day 12 - Blue Cards

Ramen Noodles (6 pkg) (bulk)	200
Tortillas (2) (bulk)	140
String Cheese (bulk)	140
Ham	100
Salsa (bulk)	30
Pretzels	100
Baby Ruth Bar	250
Power Bar (bulk)	240
Total	1200

Day 10: Mexican Night

Tortilla Soup	150
Tortillas (2)	260
Chicken (1 pkg per 2 people)	100
Spanish Rice (1.5 pkg per person)	360
Refried Beans	150
Salsa (bulk)	30
Tea (bulk)	30
Betty Crocker Turtle cake w/ icing	330
Total	1410
Total	3820

Day 11: Canadian Night

Vegetable Beef Soup	110
Spaghetti	400
Spaghetti Sauce	150
Moose Meat	125
Garlic Bread	170
Tea (bulk)	30
Betty Crocker Hot Fudge Cake w/ Icing	330
Total	1315
Total	3425

Day 12: Night in Old San Antonio Night

Hamburger	125
Chili Sauce	100
Fritos	350
Cheese	200
Tea (bulk)	30
Chocolate Cup Cakes	300
Total	1105
Total	3315

Day 13: Friday - June 30

Flat-water	
Tortellini with Meat Sauce	
Instant Breakfast (bulk)	130
Hot Chocolate (bulk)	120
Coffee (bulk)	0
Tortillas (2) (bulk)	260
Eggs/Ham/Cheese	160
Bacon (bulk)	180
Nutri-Grain Cereal Bar (bulk)	140
Salsa (bulk)	30
Total Calories	1020

Day 13 - Yellow Cards

Wasa Crackers	165
Beef Stick (bulk)	200
Laughing Cow Cheese (bulk)	125
Fig Newtons (bulk)	300
Oatmeal Cream Pie (2)	340
Pria Bar (bulk)	120
Total	1250

Day 13: Mafia Night

Minestrone Soup	110
Three Cheese Tortellini	405
Pasta Sauce	150
Hamburger	125
Garlic Bread	170
Tea (bulk)	30
Cheese Garlic Biscuits	350
Total	1230
Total	3500

Day 14: Saturday - July 1

Blackstone Landing	
Instant Breakfast (bulk)	130
Hot Chocolate (bulk)	120
Coffee (bulk)	0
Oatmeal (2) (bulk)	400
Nutri-Grain Cereal Bar (bulk)	140
Lemon Poppy seed Muffins	250
Total Calories	1040

1040

44,655