Breakfast Calories		Lunch		Dinner		Total
<u>Day 1: Sunday - June 18</u> Fly-in Day Crew A Calzones	_	Day 1 - White Cards		Day 1: Mafia Night		
<u>Valzones</u>	_			Pita Pockets (1.5 per person) Pepperonis (6 per half Pita) Pizza Sauce (0.75 tube per person) Mushrooms Tea (bulk) Rice Krispy Treats	270 125 125 50 30 350 950	950
Day 2: Monday - June 19				5		
Fly-in Day Crew B / Flat-water	_	Day 2 - Orange Cards		Day 2: Home Style Night		
Chicken w/ Mashed Potatoes & Gravy Instant Breakfast (bulk)	 130	Oranges (bulk)	40	Chicken Noodle Soup	70	
Hot Chocolate (bulk)	120	Wasa Crackers	165	Mashed Potatoes (1 pkg per 2 people)	220	
Coffee (bulk)	0	Beef Sticks (bulk)	400	Gravy	25	
Tortillas (2) (bulk)	260	Laughing Cow Cheese (bulk)	125	Chicken (1 pkg per 2 people)	100	
Eggs/Sausage/Cheese	160	Pringles (2 King Cans) (bulk)	160	Dr. Oetker's Wild Blueberries	330	
Bacon (bulk)	180	Oatmeal Cream Pie (2)	340	Swiss Cake Rolls	270	
Quaker Oats Cereal Bar	130	Califical Greath Fie (2)	340	Tea (bulk)	30	
Salsa (bulk)	30			rea (bank)	00	
Total Calories	1010		1230		1045	3285
Day 3: Tuesday - June 20						
Flat Water		Day 3 - Purple Cards		Day 3: Asian Night		
Chicken/Shrimp Stir Fry						
Instant Breakfast (bulk)	130	Ramen Noodles (6 pkg) (bulk)	200	Egg Drop and Hot & Sour Soups	110	
Hot Chocolate (bulk)	120	Pita Bread (bulk)	140	Rice (1.5 pkg per person)	360	
Coffee (bulk)	0	String Cheese (bulk)	140	Chicken (1 pkg per 2 people)	100	
Oatmeal (2) (bulk)	400	Chicken	100	Shrimp	100	
Cereal Bar (bulk)	160	Lettuce (bulk)	50	Water chestnuts/Snow Peas	60	
Power Bar (bulk)	220	Salsa (bulk)	30	Mushrooms	5	
		Milky Way	250	Soy Sauce	50	
		Pretzels	100	Tea (bulk)	30	
Total Calories	1020	Power Bar (bulk)	240	Devils' Squares	270 4005	226F
i otai Galories	1030		1250		1085	3365

Day 4: Wednesday - June 21 Flat Water - Summer Solstice Summer Solstice Soft Tacos - Summer Solstice		<u>Day 4 - Blue Cards</u> <u>Day 4: Mexican Night</u>				
Instant Breakfast (bulk)	130	Tortillas (2) (bulk)	260	Tortilla Soup	100	
Hot Chocolate (bulk)	120	Chicken	120	Tortillas (2)	260	
Coffee (bulk)	0	Cheese Slices (bulk)	240	Hamburger	150	
Cream of Wheat (2) (bulk)	260	Jerky	160	Spanish Rice	360	
Cinnamon Crumb Cake	340	Salsa (bulk)	30	Refried Beans	150	
Power Bar (bulk)	220	Pringles (2 King Cans) (bulk)	150	Salsa (bulk)	30	
		Rice Krispy Treats (bulk)	340	Tea (bulk)	30	
Total Colorias	4070		4200	Banana Nut Biscuits	330	2700
Total Calories	1070		1300		1410	3780
Day 5: Thursday - June 22						
Flat Water		Day 5 - Yellow Cards		Day 5: Northern Italian Night		
Pizza Pasta Bake		, · · · · · · · · · · · · · · · · · ·				
Instant Breakfast (bulk)	 130	Bagels (2) (bulk)	300	Cheddar Potato Soup	140	
Hot Chocolate (bulk)	120	Hard Salami (2 oz) (bulk)	220	Rotini .	400	
Coffee (bulk)	0	Cheese (2) Velveetà (bulk)	120	Tomato Sauce	150	
Eggs	180	Jelly - 2 squeeze tubes	100	Pepperoni	150	
Hash Browns	120	Pringles (2 King Cans) (bulk)	160	Cheese	200	
Bacon	90	Reese's Cookie	180	Garlic Bread	190	
Cereal Bar (bulk)	160	Power Bar (bulk)	240	Tea (bulk)	30	
Power Bar (bulk)	220	,		Candy Bar	260	
Total Calories	1020		1320	·	1520	3860
David Friday Ivas 00						
<u>Day 6: Friday - June 23</u> Flat Water		Day 6 - Red Cards		Day 6: French Night		
Creamy Garlic Shells with Crab Meat		Day 0 - Ned Cards		Day 0. Trench Hight		
Instant Breakfast (bulk)	 130	Apples (1) (bulk)	50	Tomato Basil Soup	100	
Hot Chocolate (bulk)	120	Mac and Cheese (bulk)	380	Pasta Shells	400	
Coffee (bulk)	0	Baby Bel Cheese (bulk)	240	Creamy Sauce	150	
Oatmeal (2) (bulk)	400	Meat Stick (bulk)	200	Chicken (1 pkg per 2 people)	100	
Nutri-Grain Cereal Bar (bulk)	140	White Chocolate Cookie	180	Crab Meat (90 Calories)	100	
Power Bar (bulk)	220	Pretzels	100	Garlic Bread	220	
. Shor bar (barry	0		100	Tea (bulk)	30	
				Krusteuz Blueberry Muffins	330	
Total Calories	1010		1150		1330	3490

Instant Breakfast (Dulk)	<u>Day 7: Saturday - June 24:</u> Rest Day Frito Pie	<u> </u>	Day 7 - Moss Green Cards		Day 7: San Antonio Night		
Hot Chocolate (bulk)		 130	Bagels (2) (bulk)	300	Hamburger	150	
Tortillas (2) (bulk)		120		130		100	
Tortillas (2) (bulk)		0	Pepperoni Slices	150	Fritos	350	
Bacon (bulk)		260	Hard Salami (2 oz) (bulk)	220	Cheese	250	
Cereal Bar (bulk) 30 3480 368	Mexican Eggs	160	Snickers Bar	250	Tea (bulk)	30	
Salsa (bulk) 30 1040 1040 1210 1210 1230 3480 1040 1	Bacon (bulk)	180	Pringles (2 King Cans) (bulk)	160	Dr. Oetker's Field Berries	350	
Total Calories 1040							
Day 8: Sunday - June 25							
Whitewater_ Chicken Cordon Bleu Casserole (Instant Breakfast (bulk) 130 Ramen Noodles (6 pkg) (bulk) 200 Chicken Noodle Soup 80 Hot Chocolate (bulk) 120 Tortillas (bulk) 140 Mashed Potatoes (1 pkg per 2 people) 220 Coffee (bulk) 0 String Cheese (bulk) 140 Gravy 25 Cream of Wheat (2) (bulk) 260 Turkey 100 Chicken Mushroom Soup 120 Cereal Bar (bulk) 160 Salsa (bulk) 30 Chicken 100 Power Bar (2) (bulk) 440 Pretzels 100 Croutons 90 Power Bar (bulk) 240 Mozzarella Cheese 200 Butter Buds 40 Tea (bulk) 30 Total Calories 1110 1200 Isalian Night Pizza Pasta Bake 1110 Pay 9 - Lime Green Cards Day 9 : Italian Night Pizza Pasta Bake 110 Pria Bagels (2) (bulk) 30 Rotini 40 Hot Chocolate (bulk) 120 Bagels (2) (bulk) 30 Rotini 40	Total Calories	1040		1210		1230	3480
Instant Breakfast (bulk)	Day 8: Sunday - June 25						
Instant Breakfast (bulk)			Day 8 - Lavender		Day 8: Paris Bistro Night		
Hot Chocolate (bulk)							
Coffee (bulk)							
Cream of Wheat (2) (bulk) 260 Turkey 100 Chicken Mushroom Soup 120					` ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '		
Cereal Bar (bulk)							
Power Bar (2) (bulk)							
3 Musketeers Bar 250 Hard Salami 100 100							
Power Bar (bulk) 240 Mozzarella Cheese 200 Butter Buds 40 Tea (bulk) 30 Rice Krispy Treats 330 Total Calories 1110 1200 1200 1200 1335 3645	Power Bar (2) (bulk)	440					
Butter Buds 40 7ea (bulk) 30 Rice Krispy Treats 330 1335 3645							
Total Calories 1110 1200 Tea (bulk) Rice Krispy Treats 330 330 330 345			Power Bar (bulk)	240			
Total Calories 1110 1200 Rice Krispy Treats 330 1335 3645							
Day 9: Monday - June 26 Whitewater							
Day 9: Monday - June 26Whitewater	Total Calarias	1110		1200	Rice Krispy Treats		2645
Whitewater	Total Calones	1110		1200		1333	3043
Instant Breakfast (bulk) 130 Oranges (bulk) 40 Minestrone Soup 110 Hot Chocolate (bulk) 120 Bagels (2) (bulk) 300 Rotini 400 Coffee (bulk) 0 Hard Salami (2 oz) (bulk) 220 Tomato Sauce 150 Oatmeal (2) (bulk) 400 Brick Cheese (bulk) 130 Cheese 200 Pria Bar (bulk) 110 Pringles (2 King Cans) (bulk) 160 Pepperoni 150 Cheddar Cheese Corn Bread 250 Jelly (2 squeeze tubes) 100 Garlic Bread 190 Snickers Bar 250 Tea (bulk) Candy Bar 260							
Instant Breakfast (bulk) Hot Chocolate (bulk) Coffee (bulk) Oatmeal (2) (bulk) Pria Bar (bulk) Cheese Corn Bread 250 Jelly (2 squeeze tubes) Snickers Bar 110 Minestrone Soup Rotini 400 Rotini 400 Tomato Sauce 150 Cheese 200 Pepperoni 150 Garlic Bread 150 Garlic Bread 190 Snickers Bar 250 Tea (bulk) Candy Bar 260	Whitewater		Day 9 - Lime Green Cards		<u>Day 9: Italian Night</u>		
Hot Chocolate (bulk) 120 Bagels (2) (bulk) 300 Rotini 400 Coffee (bulk) 0 Hard Salami (2 oz) (bulk) 220 Tomato Sauce 150 Oatmeal (2) (bulk) 400 Brick Cheese (bulk) 130 Cheese 200 Pria Bar (bulk) 110 Pringles (2 King Cans) (bulk) 160 Pepperoni 150 Cheddar Cheese Corn Bread 250 Jelly (2 squeeze tubes) 100 Garlic Bread 190 Snickers Bar 250 Tea (bulk) 30 Candy Bar 260			O (b. 11.)	40	Missatus Ossa	440	
Coffee (bulk) 0 Hard Salami (2 oz) (bulk) 220 Tomato Sauce 150 Oatmeal (2) (bulk) 400 Brick Cheese (bulk) 130 Cheese 200 Pria Bar (bulk) 110 Pringles (2 King Cans) (bulk) 160 Pepperoni 150 Cheddar Cheese Corn Bread 250 Jelly (2 squeeze tubes) 100 Garlic Bread 190 Snickers Bar 250 Tea (bulk) 30 Candy Bar 260						_	
Oatmeal (2) (bulk) 400 Brick Cheese (bulk) 130 Cheese 200 Pria Bar (bulk) 110 Pringles (2 King Cans) (bulk) 160 Pepperoni 150 Cheddar Cheese Corn Bread 250 Jelly (2 squeeze tubes) 100 Garlic Bread 190 Snickers Bar 250 Tea (bulk) 30 Candy Bar 260							
Pria Bar (bulk) 110 Pringles (2 King Cans) (bulk) 160 Pepperoni 150 Cheddar Cheese Corn Bread 250 Jelly (2 squeeze tubes) 100 Garlic Bread 190 Snickers Bar 250 Tea (bulk) 30 Candy Bar 260							
Cheddar Cheese Corn Bread 250 Jelly (2 squeeze tubes) 100 Garlic Bread 190 Snickers Bar 250 Tea (bulk) 30 Candy Bar 260							
Snickers Bar 250 Tea (bulk) 30 Candy Bar 260							
Candy Bar 260	Chedual Cheese Com Dieau	200					
•			Offichers Dai	200			
	Total Calories	1010		1200	Carroy Dai		3700

<u>Day 10: Tuesday - June 27</u> Whitewater		Day 10 - Orange Cards		Day 10: Mexican Night		
Soft Chicken Burritos		Day 10 - Grange Gards		Day 10: McAlcan High		
Instant Breakfast (bulk)	130	Mac and Cheese (bulk)	380	Tortilla Soup	150	
Hot Chocolate (bulk)	120	Baby Bel Cheese (bulk)	240	Tortillas (2)	260	
Coffee (bulk)	0	Meat Stick (bulk)	200	Chicken (1 pkg per 2 people)	100	
Oatmeal (2) (bulk)	400	Rice Krispy Treats (bulk)	340	Spanish Rice (1.5 pkg per person)	360	
Nutri-Grain Cereal Bar (bulk)	140	Pretzels	100	Refried Beans	150	
Wild Berry Muffins	250			Salsa (bulk)	30	
Pria Bar (bulk)	110			Tea (bulk)	30	
,				Betty Crocker Turtle cake w/ icing	330	
Total Calories	1150		1260	, c	1410	3820
Day 11 Wednesday - June 28						
Whitewater		Day 11 - Purple Cards		Day 11: Canadian Night		
Spaghetti with Moose Meat & Sauce		(2) (1)				
Instant Breakfast (bulk)	130	Tortillas (2) (bulk)	260	Vegetable Beef Soup	110	
Hot Chocolate (bulk)	120	Chicken	130	Spaghetti	400	
Coffee (bulk)	0	Cheese (2) Velveeta (bulk)	120	Spaghetti Sauce	150	
Eggs	100	Chocolate/Carmel Cookie	180	Moose Meat	125	
Hash Browns	120	Salsa (bulk)	30	Garlic Bread	170	
Bacon	180	Pringles (4 regular cans) (bulk)	160	Tea (bulk)	30	
Hill Country Blueberry Muffins	270	Starburst	90	Betty Crocker Hot Fudge Cake w/ Icing	330	
Power Bar (bulk)	220		070		404E	2425
Total Calories	1140		970		1315	3425
Day 12 Thursday - June 29						
Whitewater		Day 12 - Blue Cards		Day 12: Night in Old San Antonio Night		
Frito Pie						
Instant Breakfast (bulk)	130	Ramen Noodles (6 pkg) (bulk)	200	Hamburger	125	
Hot Chocolate (bulk)	120	Tortillas (2) (bulk)	140	Chili Sauce	100	
Coffee (bulk)	0	String Cheese (bulk)	140	Fritos	350	
Oatmeal (2) (bulk)	400	Ham	100	Cheese	200	
3 Cheese Biscuits	250	Salsa (bulk)	30	Tea (bulk)	30	
Pria Bar (bulk)	110	Pretzels	100	Chocolate Cup Cakes	300	
		Baby Ruth Bar	250			
		Power Bar (bulk)	240			
Total Calories	1010		1200		1105	3315

Day 13:	Friday - June 3	<u> 30</u>

Flat-water		Day 13 - Yellow Cards		<u>Day 13: Mafia Night</u>		
Tortellini with Meat Sauce		•				
Instant Breakfast (bulk)	130	Wasa Crackers	165	Minestrone Soup	110	
Hot Chocolate (bulk)	120	Beef Stick (bulk)	200	Three Cheese Tortellini	405	
Coffee (bulk)	0	Laughing Cow Cheese (bulk)	125	Pasta Sauce	150	
Tortillas (2) (bulk)	260	Fig Newtons (bulk)	300	Hamburger	125	
Eggs/Ham/Cheese	160	Oatmeal Cream Pie (2)	340	Garlic Bread	170	
Bacon (bulk)	180	Pria Bar (bulk)	120	Tea (bulk)	30	
Nutri-Grain Cereal Bar (bulk)	140	,		Cheese Garlic Biscuits	350	
Salsa (bulk)	30					
Total Calories	1020		1250		1230	3500

<u>Day 14: Saturday - July 1</u> Blackstone I anding

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

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