BOY SCOUTS OF AMERICA 7 DAY MENU ROTATION (Based on 600 Meals Per B/L/D per day)

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday	
Breakfast			**Breakfast**			**Breakfast**			**Breakfast**			**Breakfast**			**Breakfast**			**Breakfast**	
		Cost			Cost			Cost			Cost			Cost			Cost		
Whole Fruit	1 ea		Whole Fruit	1 ea		Whole Fruit	1ea		Whole Fruit	1ea		Whole Fruit	1ea		Whole Fruit	1ea		Whole Fruit	1ea
apple,orange,banana			apple,orange,banana			apple,orange,banana			apple,orange,banana			apple,orange,banana			apple,orange,banana			apple,orange,banana	
Dry Cereal Assorted	3oz		Dry Cereal Assorted	3oz		Dry Cereal Assorted	3oz		Dry Cereal Assorted	3oz		Dry Cereal Assorted	3oz		Dry Cereal Assorted	3oz		Dry Cereal Assorted	3oz
Eggs	3oz		Eggs	3oz		Eggs	3oz		Eggs	3oz		Eggs	3oz		Eggs	3oz		Eggs	3oz
Biscuit	2oz		Biscuit	2oz		Biscuit	2oz		Biscuit	2oz		Biscuit	2oz		Biscuit	2oz		Biscuit	2oz
Ham	3oz		Sausage/Patty	2oz		Bacon	2oz		Sausage/Link	2oz		Ham	2oz		Sausage/Patty	2oz		Bacon	2oz
Waffels	3oz		Oatmeal/Cin,Rasin	3oz		Gavey/Bacon	3oz		Pancakes	3oz		Oatmeal/Cin,Rasin	3oz		Gravey/Sausage	3oz		Grits/Cheese	3oz
Coffe	9oz		Coffe	9oz		Coffe	9oz		Coffe	9oz		Coffe	9oz		Coffe	9oz		Coffe	9oz
Milk	6oz		Milk	6oz		Milk	6oz		Milk	6oz		Milk	6oz		Milk	6oz		Milk	6oz
Juice	3oz		Juice	3oz		Juice	3oz		Juice	3oz		Juice	3oz		Juice	3oz		Juice	3oz
Water			Water			Water			Water			Water			Water			Water	
Calorie Count	**984**		**Calorie Count**	**940**		**Calorie Count**	**932**		**Calorie Count**	**960**		**Calorie Count**	**940**		**Calorie Count**	**932**		**Calorie Count**	**954**
Shelf Stable Items																			
Lunch		**Cost**	**Lunch**		**Cost**	**Lunch**		**Cost**	**Lunch**		**Cost**	**Lunch**		**Cost**	**Lunch**		**Cost**	**Lunch**	
Whole Fruit	ea		Whole Fruit	ea		Whole Fruit	ea		Whole Fruit	ea		Whole Fruit	ea		Whole Fruit	ea		Whole Fruit	ea
Jello Fruit Cup	3.5oz		Pudding Cup	3.6oz		Jello Fruit Cup	3.5oz		Pudding Cup	3.6oz		Jello Fruit Cup	3.5oz		Pudding Cup	3.6oz		Jello Fruit Cup	3.5oz
Granola Bar	2oz		Granola Bar	2oz		Granola Bar	2oz		Granola Bar	2oz		Granola Bar	2oz		Granola Bar	2oz		Granola Bar	2oz
Starkist Lunch to go	2.5oz		Tyson Chicken Salad	4oz		Jamwich PBJ	4oz		Peanut Butter Cup	2oz		Starkist Lunch to go	2.5oz		Tyson Chicken Salad	4oz		Jamwich PBJ	4oz
Pita Shell	2oz		Pita Shell	2oz		Chips Assorted	2oz		Jelly Cup	1oz		Pita Shell	2oz		Pita Shell	2oz		Chips Assorted	2oz
Chips Assorted	2oz		Pretzels	2oz		Cookies	3oz		Assorted Crackers	2oz		Chips Assorted	2oz		Assorted Crackers	2oz		Cookies	3oz
Brownie			Cookie						Chips Assorted	2oz		Brownie	3oz		Pretzels	2oz			
Calorie Count	**600**		**Calorie Count**	**600**		**Claorie Count**	**600**		**Calorie Count**	**600**		**Calorie Count**			**Calorie Count**	**600**		**Calorie Count**	**600**
Dinner		**Cost**	**Dinner**		**Cost**	**Dinner**		**Cost**	**Dinner**		**Cost**	**Dinner**		**Cost**	**Dinner**		**Cost**	**Dinner**	
Meatloaf,	6oz		Fried Catfish	5oz		Chicken Fingers	5oz		Spaghetti/ Meat Sauce	12oz		Pizza 2 slice	12oz		Hot Dogs	4oz		Baked Chicken	8oz
Mashed Potato	4oz		French Fries	4oz		Mac & Cheese	4oz		Garlic Bread	3oz		Cheese			Hamgurgers	4oz		Mashed Potatoes	4oz
Green Beans	3oz		Cole Slaw	3oz		Apple Sauce	3oz		Salad/Toppings	4oz		Peperoni			French Fries	4oz		Corn	3oz
Salad /Toppings	4oz		Salad /Toppings	4oz		Salad/Toppings	4oz		Dessert	4oz		Sausage			Baked Beans	3oz		Salad/Toppings	4oz
Dessert	4oz		Dessert	4oz		Dessert	4oz					Vegi			Salad	3oz		Desert	4oz
Bread and Butter	1.5oz		Corn Bread	2oz		Bread and Butter	1.5					Salad	4 oz		Brownies	3oz		Biscuits	2oz
Soup of the day	4oz		Soup of the day	4oz		Soup of the day	4oz		Soup of the day	4oz		Desert	4oz		Soup of the day	4oz		Soup of the day	4oz
Calorie Count	**1800**		**Calorie Count**	**1690**		**Calorie Count**	**1710**		**Calorie Count**	**1680**		**Calorie Count**	**1743**		**Calorie Count**	**1900**		**Calorie Count**	**1830**
Dinner			**Dinner**			**Dinner**			**Dinner**										
Philly Cheese Steak	6oz		Chicken Parmesan	6oz		BBQ Chicken	6oz												
Tatar Tots	4oz		Pasta	6oz		Oven Roasted Potatoes	4oz												
Cole Slaw	3oz		Garlic Bread	3oz		Corn on the Cobb	3oz												
Salad	3oz		Salad	3oz		Salad	3oz												
Cookies	4oz		Desert	4oz		Desert	4oz												
						Bread and Butter	1.5oz												
Soup of the day	4oz		Soup of the day	4oz		Soup of the day	4oz												
Calorie Count	**1740**		**Calorie Count**	**1690**		**Calorie Count**	**1810**												

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