

SAMPLE 4 Day Menu

	Tuesday	Wednesday	Thursday	Friday
<p align="center">Breakfast Wed – Thurs @ 8am Fri @ 8:30am</p>	-	Pancakes Sausage links Syrup Margarine Milk/Juice/Water	Scrambled eggs Bacon Hash brown patty Ketchup Milk/Juice/Water	French Toast Sausage Patty Syrup Margarine Milk/Juice/Water
<p align="center">Lunch Tues @ 12:30pm Wed @ 12pm Thurs – picnic lunch on trail</p>	Hamburger Fries Mayo/Mustard/Ketchup Lettuce/Tomato/Pickles American Cheese Pudding Water/Juice	Pizza *Salad Bar Soup: Minestrone, Chicken Noodle or Tomato Parmesan cheese Peaches, canned Jell-O Water/Juice	Turkey Hoagie Lettuce/Tomato American Cheese Mayo/Mustard packet Chips Choc. Chip cookie Capri-Sun/Water Fresh fruit	Snack: Granola bar, Juice
<p align="center">Dinner Always @ 5:30pm</p>	Oven Fried Chicken Mashed potatoes Corn Gravy Hawaiian roll Margarine *Salad Bar Ice cream Water/Juice	Ground beef tacos Corn taco shells Lettuce/Tomato Cheddar/Jack Cheese Salsa Refried Beans Mexican Rice Churros Water/Juice	Spaghetti w/meat sauce Garlic Breadsticks Parmesan cheese *Salad Bar Cookie Water/Juice	-
<p align="center">Evening Snack</p>	Ritz Cheese & Crackers	-	S'mores (Milk chocolate)	-

Notes:
*Salad Bar = Romaine lettuce, Iceberg lettuce, Spring Mix greens, Tomatoes, Cucumber Broccoli, Bell peppers, Red onions, Shredded cheese, Croutons, Ranch/Italian/Thousand Island dressing

Available at all meals: Beverage bar, milk, fresh fruit (apples, oranges)

Available at breakfast: Hot cocoa, orange juice, apple juice, oatmeal packets, assorted cereal, toast & jam (white bread)

Evening snacks may contain soy, gluten, and/or dairy.

Food selections are measured by weight and served out. Diabetic children may not serve themselves, but will receive what is indicated on the Meal Selection Form.

MHP reserves the right to change menus without notice and may not be able to accommodate certain allergens or dietary needs.

DIABETIC STUDENT MEAL SELECTION FORM

Child's Name: _____ School: _____ Camp Dates: _____

MHP has a refrigerator, freezer, and microwave available for guests bringing supplemental snacks or meals. Please PREPARE and LABEL all snacks and meals with:

1. Student's FIRST and LAST name
2. DATES of camp
3. The MEAL or DATE that the supplemental food should be served

My child will be bringing supplemental/alternative food items for: (select all that apply)

- | | | |
|--|--|--|
| <input type="checkbox"/> Tues Lunch | <input type="checkbox"/> Wed Lunch | <input type="checkbox"/> Thurs Dinner |
| <input type="checkbox"/> Tues Dinner | <input type="checkbox"/> Wed Dinner | <input type="checkbox"/> Thurs Snack |
| <input type="checkbox"/> Tues Snack | <input type="checkbox"/> Thurs Breakfast | <input type="checkbox"/> Fri Breakfast |
| <input type="checkbox"/> Wed Breakfast | <input type="checkbox"/> Thurs Lunch | <input type="checkbox"/> Fri Snack |

Select the food items you would like your child to receive based on the carb counts and portions provided below.

CARB COUNTS					
TUESDAY					
	Food Item	Portion Size	Carb Count	Allergen	Alternative Food Items
LUNCH	<input type="checkbox"/> Hamburger	4oz	1.06g	Beef	Veggie burger
	<input type="checkbox"/> Hamburger bun	1 bun	30g	Gluten	GF ½ bun, 44g carbs
	<input type="checkbox"/> Fries, shoestring	4oz	28g	Soy	
	<input type="checkbox"/> Pudding, vanilla	3oz	18.75g	Dairy	DF powder
	<input type="checkbox"/> Lettuce	1 cup	2.1g		
	<input type="checkbox"/> Tomato	1 med. slice	1.2g		
	<input type="checkbox"/> Pickles	1 slice	7g		
	<input type="checkbox"/> American Cheese	1 slice	0g	Dairy, soy	
DINNER	<input type="checkbox"/> Oven-fried Chicken	1 drumstick	5g	Gluten, soy	Chicken breast
	<input type="checkbox"/> Mashed potatoes	3oz	21.61g		Roasted potato
	<input type="checkbox"/> Gravy, turkey	1oz	1.5g	Dairy, gluten, soy	
	<input type="checkbox"/> Corn	3oz	12.34g		
	<input type="checkbox"/> Hawaiian dinner roll	1 roll	16g	Egg, dairy, gluten, soy	GF biscuit, 22.8g carbs
	<input type="checkbox"/> Margarine	1 serving	0g	Dairy, soy	
	<input type="checkbox"/> Ice cream	1 serving	15g	Dairy	Italian ice, 18g carbs
	<input type="checkbox"/> Salad, side (no dressing)	1 cup	5g		
SNACK	<input type="checkbox"/> Crackers & cheese, Ritz	1 package	11g		GF cranberry bar, 25g carbs
	<input type="checkbox"/> Gatorade or juice	Varies			Water

WEDNESDAY					
BREAKFAST	<input type="checkbox"/> Pancake	1.76oz dry	36.92g	Dairy, gluten, soy	GF pancake, 30g carbs
	<input type="checkbox"/> Syrup	¼ cup	6g sugar-free, 29g regular		
	<input type="checkbox"/> Margarine	1 serving	0g	Dairy, soy	
	<input type="checkbox"/> Sausage link	2 links	0g	Pork	
LUNCH	<input type="checkbox"/> Pizza	1 slice	17.14g	Dairy, gluten	GF ½ bun, 22g carbs
	<input type="checkbox"/> Salad, side (no dressing)	1 cup	5g		
	<input type="checkbox"/> Soup				GF
	<input type="checkbox"/> Parmesan cheese	5g	0g	Dairy	
	<input type="checkbox"/> Peaches, canned	3oz	8g		
	<input type="checkbox"/> Jell-O	3.5oz	17g		Kosher
	<input type="checkbox"/> Ground beef taco	3oz	2g	Beef	Homemade seasoning, 2g carbs
DINNER	<input type="checkbox"/> Taco shell, corn	2 shells	16g		
	<input type="checkbox"/> Mexican rice	4oz	28g		
	<input type="checkbox"/> Refried beans	4oz	17.6g	Pork	
	<input type="checkbox"/> Churro	1 churro	26g	Egg, dairy, gluten, soy	Lemon shortbread, 15g carbs
	<input type="checkbox"/> Lettuce	1 cup	2.1g		
	<input type="checkbox"/> Tomato	1 med. slice	1.2g		
	<input type="checkbox"/> Cheddar/Jack cheese, shredded	28g	1g	Dairy	
	<input type="checkbox"/> Salsa	30mL	3g		

THURSDAY					
BREAKFAST	<input type="checkbox"/> Scrambled eggs	4oz	1g	Egg	
	<input type="checkbox"/> Bacon	2 strips	0g	Pork	
	<input type="checkbox"/> Hash brown patty	1 patty	15g		
	<input type="checkbox"/> Ketchup	1 packet	3g		
LUNCH	<input type="checkbox"/> Turkey	2.2oz	0g		Hummus
	<input type="checkbox"/> Hoagie roll	1 roll	38g	Gluten	2 slices GF, 46g carbs
	<input type="checkbox"/> Lettuce	1 cup	2.1g		
	<input type="checkbox"/> Tomato	1 med. slice	1.2g		
	<input type="checkbox"/> Pickles	1 slice	7g		
	<input type="checkbox"/> American cheese	1 slice	0g	Dairy, soy	
	<input type="checkbox"/> Chocolate chip cookie	1 package	22g	Egg, dairy, gluten, soy	GF cookie, 15g carbs
	<input type="checkbox"/> Chips, BBQ	1 bag	16g		
	<input type="checkbox"/> Chips, Cool Ranch	1 bag	18g	Dairy	
	<input type="checkbox"/> Juice, Capri-sun	1 pouch	14g	Citrus	
	<input type="checkbox"/> Apple	1 apple	34g		
	<input type="checkbox"/> Mayo	1 packet	1.2g	Egg, soy	
<input type="checkbox"/> Mustard	1 packet	1.65g			

DINNER	<input type="checkbox"/> Spaghetti	2oz, dry	41g	Gluten	GF, 42g carbs
	<input type="checkbox"/> MHP meat sauce	4.5oz	15g	Beef, pork	
	<input type="checkbox"/> Breadstick, garlic	1 stick	25g	Gluten, soy	GF, 23g carbs
	<input type="checkbox"/> Salad, side (no dressing)	1 cup	5g		
	<input type="checkbox"/> M & M cookie	1 cookie	26.53g	Dairy, egg, wheat	Various GF cookies
	<input type="checkbox"/> Parmesan cheese	5g	0g	Dairy	
SNACK	<input type="checkbox"/> Marshmallow	1 mallow	6g	Non-vegan	Vegan, 12g carbs
	<input type="checkbox"/> Graham cracker	1 cracker	12.5g		Gf wafers, 23g carbs
	<input type="checkbox"/> Chocolate, Hershey's	2 squares	4.3g		
	<input type="checkbox"/> Gatorade or juice	Varies			Water

FRIDAY					
BREAKFAST	<input type="checkbox"/> French toast	½ slice	11g	Egg, dairy, gluten, soy	
	<input type="checkbox"/> Sausage patty	1 patty	0g	Pork	
	<input type="checkbox"/> Syrup	¼ cup	6g sugar-free, 29g regular		
	<input type="checkbox"/> Margarine	1 packet	0g		
SNACK	<input type="checkbox"/> Granola bar	1 bar	19g	Gluten	GF, 20g carbs
	<input type="checkbox"/> Gatorade or juice	Varies			Water

ALSO AVAILABLE at MEALS					
	Food Item	Portion Size	Carb Count	Allergen	
BREAKFAST	<input type="checkbox"/> Milk	7oz	9.6g	Dairy	
	<input type="checkbox"/> Apple	1	34g		
	<input type="checkbox"/> Orange	1	19g		
	<input type="checkbox"/> Oatmeal, Quaker	1 packet	Varies	Gluten	
	<input type="checkbox"/> Froot loops	1.12oz	29g	Gluten	
	<input type="checkbox"/> Granola, Hidden Valley	0.5oz	38g	Soy, nuts	
	<input type="checkbox"/> Raisin bran	1.94oz	45g	Gluten, soy,	
	<input type="checkbox"/> Cheerios/Oat rings	1.06oz	23g		
	<input type="checkbox"/> Waffle	1 waffle	13.5g	Gluten	
LUNCH	<input type="checkbox"/> Ranch dressing*	2 Tbsp	0g	Milk, soy	
	<input type="checkbox"/> 1000 Island dressing*	2 Tbsp	5g	Milk, eggs, fish	
	<input type="checkbox"/> Italian dressing*	2 Tbsp	2g		
	<input type="checkbox"/> Gatorade, from soda machine*	3.5oz	32.05g		
	<input type="checkbox"/> Gatorade, from mix*	6oz	11g	Red dye	
	<input type="checkbox"/> Pudding, chocolate			Soy	
	<input type="checkbox"/> Fries, curly	4oz		Gluten	
	<input type="checkbox"/> Fries, battered	4oz		Gluten, soy	

*Available at dinner as well