

Collin County Adventure Camp (Carbohydrate Counts)

Menu Subject To Change Due to Availability

Monday			Tuesday			Wednesday		
QTY		Grams of Carb	QTY	BREAKFAST	Grams of Carb	QTY	BREAKFAST	Grams of Carb
			1 scoop	Scrambled Eggs	0	1 scoop	Scrambled Eggs	0
			1 ea.	Pancakes	40	1 ea.	Biscuit only (& Gravy)	30
			1/4 cup	Syrup	54	1 spoon	Gravy	5
			2 ea.	Bacon	0	1 ea.	Sausage Patty	0
			1 ea.	Fresh Baked Biscuits	30	1 ea.	Texas Toast	30
			1 ea.	Bagel	30	1 ea.	Bagel	30
			2 Tbs.	Lo Cal Cream Cheese	1	2 Tbs.	Lo Cal Cream Cheese	1
			1 spoon	Self Serve Oatmeal	27	1 spoon	Self Serve Cream Of Wheat	24
			12 oz. glass	Self Serve Pineapple Juice	47	12 oz. glass	Self Serve Orange Juice	40
				Fresh Fruit Bar - See Below			Fresh Fruit Bar - See Below	
				Self Serve Cereal Bar - See Below			Self Serve Cereal Bar - See Below	
				Pastry			Pastry	
			1 ea.	Cake Donut	41	1 ea.	Coffee Cake	38
QTY		Grams of Carb	QTY	LUNCH	Grams of Carb	QTY	LUNCH	Grams of Carb
				Soup			Soup	
			4 oz. scoop	Self Serve Tomato	5	4 oz. scoop	Self Serve Cheesy Potato	12
				Entree			Entree	
			1 ea.	Hamburger with Bun	33	1 sandwich	Turkey or Ham Sub	38
			1 ea.	Garden Burger with Bun	40	1 sandwich	Veggie Sub	38
			1 sandwich	** Self Serve Peanut Butter & Jelly	30	1 sandwich	** Self Serve Peanut Butter & Jelly	30
			3 oz. scoop	French Fries	30	1 oz.	Chips	15
			2 oz. scoop	Broccoli Spears	2	2 oz. scoop	California Mix Vegetables	0
			1 ea.	Lemon Bar	30	1 ea.	M & M Cookie	19
			4 oz.	Self Serve Potato salad	17	4 oz. scoop	Self Serve Potato salad	17
			1/2 oz. spoon	Self Serve Yogurt	2	1/2 oz. spoon	Self Serve Yogurt	2
				Self Serve Fresh Fruit Bar - See Below			Self Serve Fresh Fruit Bar - See Below	
				Self Serve Romaine & Spinach Salad - See Below			Self Serve Romaine & Spinach Salad - See Below	
				Self Serve Salad Bar - See Below			Self Serve Salad Bar - See Below	
QTY	DINNER	Grams of Carb	QTY	DINNER	Grams of Carb	QTY		Grams of Carb
2 ea.	Chicken Tenders	13	4 oz. scoop	BBQ Rope Sausage	14			
3 ea.	Vegetable Sticks	13	4 oz. scoop	Pasta w/ Alfredo	22			
1 sandwich	** Self Serve Peanut Butter & Jelly	30	1 sandwich	** Self Serve Peanut Butter & Jelly	30			
2 oz. scoop	Mashed Potatoes & Gravy	12	3 oz. scoop	Savory Rice	20			
2 oz. scoop	Sugar Snap Peas	7	2 oz. scoop	Green Beans	0			
1 ea.	Dinner Rolls	30	1 ea.	French Bread Slices	15			
1 ea.	Chocolate Cake	30	4 oz. scoop	Strawberry Ice Cream	22			
4 oz. scoop	Self Serve Potato salad	17	4 oz. scoop	Self Serve Potato salad	17			
1/2 oz. spoon	Self Serve Yogurt	2	1/2 oz. spoon	Self Serve Yogurt	2			
	Self Serve Fresh Fruit Bar - See Below			Self Serve Fresh Fruit Bar - See Below				
	Self Serve Romaine & Spinach Salad - See Below			Self Serve Romaine & Spinach Salad - See Below				
	Self Serve Salad Bar - See Below			Self Serve Salad Bar - See Below				

Highlighted items are the vegetarian choice

QTY	Self Serve Fresh Fruit Bar:	Grams of Carb	QTY	Self Serve Salad Bar:	Grams of Carb
1	Orange	25	2 Tbs	Croutons	7
1	Banana	30	1 cup	Mixed vegetable salad	3
1	Apple	25	1 cup	Romaine & Spinach Salad	3
1/2 oz. spoon	Cantaloupe, Honey Dew	1.5	1 pkg	Saltine Crackers	4.4
1/2 oz. spoon	Watermelon	1		Salad Dressings will vary on type and quantity. Please discuss with you student before attending camp.	

IMPORTANT NOTE

1. Carbohydrate counts are for the serving size listed.
 2. Spoon sizes remain constant for each food item.

Please take into account the increased level of activity the students have at camp when using the above carbohydrate counts.

QTY	Self Serve Cereal Bar:	Grams of Carb	QTY	Self Serve Milk:	Grams of Carb
1 pkg.	Cocoa Puffs	21	1 carton	2% milk	12
1 pkg.	Cheerios	14	1carton	Whole milk	12
1 pkg.	Honey Nut Cheerios	22	1carton	Chocolate milk	26
1 pkg.	Frosted Corn Flakes	25			
1 pkg.	Raisin Bran	27			
1 pkg.	Cinnamon Toast Crunch	22			

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Wednesday			Thursday			Friday		
QTY		Grams of Carb	QTY	BREAKFAST	Grams of Carb	QTY	BREAKFAST	Grams of Carb
			1 scoop 1 ea. 1/4 cup 2 ea. 1 ea. 1 ea. 2 Tbs. 1 spoon 12 oz. glass	Scrambled Eggs French Toast Stick (& Syrup) Syrup Bacon Fresh Baked Biscuits Bagel Lo Cal Cream Cheese Self Serve Oatmeal Self Serve Apple Juice Fresh Fruit Bar - See Below Self Serve Cereal Bar - See Below Pastry	0 15 54 0 30 30 1 27 40	1 scoop 1 ea. 2 ea. 1 ea. 2 Tbs. 1 spoon 12 oz. glass	Scrambled Eggs Hash Brown Pattie Sausage Link Texas Toast Bagel Lo Cal Cream Cheese Self Serve Oatmeal Self Serve Orange Juice Fresh Fruit Bar - See Below Self Serve Cereal Bar - See Below Pastry	0 15 0 30 1 27 40
			1 ea.	Blueberry Muffin	50	1 ea.	Cinnamon Roll	35
QTY		Grams of Carb	QTY	LUNCH	Grams of Carb	QTY	LUNCH	Grams of Carb
			4 oz. scoop 1 ea. 1 ea. 1 sandwich 2 oz. scoop 2 oz. scoop 1 ea. 4 oz. scoop 1/2 oz. spoon	Soup Self Serve Cream Of Roasted Bell Pepper Entree Soft Chicken Taco Portabella Fajita ** Self Serve Peanut Butter & Jelly Refried Beans Breaded Okra Oatmeal Raisin Cookie Self Serve Potato salad Self Serve Yogurt Self Serve Fresh Fruit Bar - See Below Self Serve Romaine & Spinach Salad - See Below Self Serve Salad Bar - See Below	4 15 15 30 14 7 28 17 2	4 oz. scoop 1 ea. 1 ea. 1 sandwich 3 oz. scoop 2 oz. scoop 1 ea. 4 oz. scoop 1/2 oz. spoon	Soup Self Serve Vegetable Chili Entree Chili Hot Dog W/Bun Soy Dog W/Bun ** Self Serve Peanut Butter & Jelly Rotini & Cheese Buttered Corn Chocolate Chip Bar Self Serve Potato salad Self Serve Yogurt Self Serve Fresh Fruit Bar - See Below Self Serve Romaine & Spinach Salad - See Below Self Serve Salad Bar - See Below	8 15 15 30 12 7 22 17 2
QTY	DINNER	Grams of Carb	QTY	DINNER	Grams of Carb	QTY		Grams of Carb
3 oz. 3 oz. 1 sandwich 1 oz. 2 oz. scoop 1 ea. 1 ea. 4 oz. scoop 1/2 oz. spoon	Spaghetti w/Meatballs Spaghetti W/ Marinara ** Self Serve Peanut Butter & Jelly Dippin Sauce French Cut Green Beans Bread Stick Ice Cream Sandwich Self Serve Potato salad Self Serve Yogurt Self Serve Fresh Fruit Bar - See Below Self Serve Romaine & Spinach Salad - See Below Self Serve Salad Bar - See Below	22 22 30 4 0 18 24 17 2	4 oz. scoop 4 oz. scoop 1 sandwich 3 oz. 2 oz. scoop 1 ea. 1/2 oz. spoon 4 oz. scoop 1/2 oz. spoon	Chicken & Rice Casserole Broccoli & Rice Casserole ** Self Serve Peanut Butter & Jelly Garlic Roasted Potatoes Mixed Vegetables Garlic Toast Chocolate Pudding Self Serve Potato salad Self Serve Yogurt Self Serve Fresh Fruit Bar - See Below Self Serve Romaine & Spinach Salad - See Below Self Serve Salad Bar - See Below	17 17 30 15 0 15 3 17 2		**There are no peanut based products served at camp. Soy nut Butter is a Soy product and contains no peanut oil.	

Highlighted items are the vegetarian choice

QTY	Self Serve Fresh Fruit Bar:	Grams of Carb	QTY	Self Serve Salad Bar:	Grams of Carb
1	Orange	25	2 Tbs	Croutons	7
1	Banana	30	1 cup	Mixed vegetable salad	3
1	Apple	25	1 cup	Romaine & Spinach Salad	3
1/2 oz. spoon	Cantaloupe, Honey Dew	1.5	1 pkg	Saltine Crackers	4.4
1/2 oz. spoon	Watermelon	1		Salad Dressings will vary on type and quantity. Please discuss with you student before attending camp.	

PLEASE NOTE

- Carbohydrate counts are for the serving size listed.
- Some items are self serve and the carbohydrate count will vary if additional servings are consumed.
- Increased physical activity may require adjustments in the individual carbohydrate to insulin ratio. Any question regarding adjustments should be reviewed with your physician prior to camp.

QTY	Self Serve Cereal Bar:	Grams of Carb	QTY	Self Serve Milk:	Grams of Carb
1 pkg.	Cocoa Puffs	21	1 carton	2% milk	12
1 pkg.	Cheerios	14	1carton	Whole milk	12
1 pkg.	Honey Nut Cheerios	22	1carton	Chocolate milk	26
1 pkg.	Frosted Corn Flakes	25			
1 pkg.	Raisin Bran	27			
1 pkg.	Cinnamon Toast Crunch	22			

Carbohydrate grams have been calculated by:
Donneta Spradlin, RN, BSN, CDE - Certified
Diabetes Educator and Nurse Educator for Plano Independent School District.