

# Low-Pro Menu



## Thursday

DINNER	PRO (g)	PHE (mg)
<b>Baked Mac &amp; Cheese</b>	<b>0.8</b>	<b>42</b>
Roasted Butternut Squash	0.7	28
<b>Kentucky Fried Cauliflower</b>	<b>1.3</b>	<b>50</b>
<b>Camp Chocolate Cake</b>	<b>0.6</b>	<b>36</b>

### CAMP TIPS

- Every breakfast will have a cold cereal bar, a fresh fruit bar, Cambrooke Breakfast Bars and So Delicious Yogurts
- Every lunch will have a low-pro sandwich bar.
- Every dinner will have a low-pro pasta bar.
- Every lunch and dinner will have a salad & fresh fruit bar.
- There are low-pro treats at the snack bar in the Tin Cup (by the pool), and free snacks at the table in Muddy Station.
- The cooking demo this year is a spring roll recipe with two different sauces. Yum!
- Any left-over supplies & low-pro snacks will be given away at the end of camp (leave room in your suitcase!)

## Friday

BREAKFAST	PRO (g)	PHE (mg)
<b>French Toast</b>	<b>0.6</b>	<b>31</b>
Cinnamon-Apple Topping	0.2	7
Breakfast Taters	1	34
<b>Sweet Potato Bacon</b>	<b>0.3</b>	<b>18</b>
<b>Blueberry Muffins</b>	<b>0.6</b>	<b>27</b>
LUNCH	PRO (g)	PHE (mg)
<b>Veggie Tacos</b>	<b>1.5</b>	<b>53</b>
La Tortilla Factory Tortillas	1.3	56
Siete Tortilla Chips	0.9	42
<b>Chocolate Chip Cookies</b>	<b>0.2</b>	<b>13</b>
DINNER	PRO (g)	PHE (mg)
<b>Pulled Jackfruit</b>	<b>1.3</b>	<b>45</b>
<b>Auntie B's Pretzel Buns</b>	<b>0.7</b>	<b>36</b>
<b>Cole Slaw</b>	<b>0.2</b>	<b>6</b>
<b>Berry Crumble</b>	<b>1.3</b>	<b>49</b>

# Saturday

BREAKFAST	PRO (g)	PHE (mg)
<b>Pancakes</b>	<b>0.8</b>	<b>38</b>
Berry Topping	0.6	16
Breakfast Taters	1	34
<b>Sausage Patties</b>	<b>0.6</b>	<b>25</b>
<b>Apple Muffins</b>	<b>0.5</b>	<b>22</b>
LUNCH	PRO (g)	PHE (mg)
<b>Veggie Burgers</b>	<b>2</b>	<b>86</b>
Buns	△	△
Fries	1.8	76
<b>Snickerdoodles</b>	<b>0.1</b>	<b>7</b>
DINNER	PRO (g)	PHE (mg)
<b>Pasta</b>	<b>0.3</b>	<b>17</b>
Marinara Sauce	1.4	44
<b>Garlic Herb Bread</b>	<b>0.5</b>	<b>22</b>

**SHOUT OUT TO OUR CHEFS!** They make it look easy, but months of planning and long hours of work go into developing, prepping, cooking, and serving these wonderful meals. Thank you to Brenda Winiarski and Jennifer Beazer for your tireless efforts to develop the menu, and to our amazing sous-chef crew of Sky Pajak, Kim Schmidt, Lisa & Olivia Corn! Please thank our low pro sous chef trainees, Rosalynn Sitler and Xavier Beazer, and Beth Ogata and Vicki Frasher for volunteering in the kitchen!

# Low-Pro Menu



## Sunday

BREAKFAST	PRO (g)	PHE (mg)
<b>Breakfast Strata Bake</b>	<b>0.9</b>	<b>39</b>
<b>Taters O'Brien</b>	<b>2.6</b>	<b>77</b>
<b>Sweet Potato Bacon</b>	<b>0.3</b>	<b>18</b>
<b>Pumpkin Muffins</b>	<b>0.8</b>	<b>25</b>
TO-GO LUNCH	PRO (g)	PHE (mg)
Cambrooke Pita Pocket	0.6	10
So Delicious Yogurts	0.6	30
Cheese Slices	△	△
Fresh Fruit	△	△
<b>Iced Sugar Cookie</b>	<b>0.1</b>	<b>7</b>
Snyders Pretzels	0.1	6
Wise Onion Rings	0.3	13



△ Options on these menu items will affect PRO/PHE content. All items will be labeled with exact values at camp.



Menu items in bold were developed by **Cook for Love** Founder Brenda Winiarski specifically for the low-protein community and are all on [CookForLove.org](http://CookForLove.org)