

COMMENT:

Each student receives 3022.8 calories a day. This figure was obtained by adding the total calories in the food for 10 days and dividing it by 9, which is the actual number of days the food is eaten, and again by 10, the number of students in a patrol.

You will notice this total is different from the total given on the average daily menu sheet that follows. Although there is a discrepancy, they are both accurate in their respective examples. Just as OUTWARD BOUND students engage in different activities daily, they also enjoy different foods.

The diet is a good one. Contains not only an adequate amount of calories, but more important sufficient protein, fats, and carbohydrates. I encourage the students and staff to include two quarts of water with their diet.

CAROLINE MONACO

NOB's Student Food Supply
10 Man Patrol
10 Days

<u>FOOD ITEM</u>	<u>AMOUNT PER 10 DAYS</u>	<u>CALORIE COUNT</u>
Oats	5 lb.	8,845
Granola	4 lb.	9,850
Malt O. Meal	2½ lb.	4,200
Pancake Flour	1 3/4	3,000
Cocoa	3 lb.	9,000
Brown Sugar	4 lb.	13,120
Raisins	3 lb.	4,140
Prunes	1 lb.	1,220
Dates	3 lb.	4,545
Apricots	1 lb.	1,560
Apple Slices	1½	2,634
Fruit Galaxy	5 Cups	1,478
Apple Nuggets	1 lb.	1,756
Drink Pkgs.	40 pkg.	15,520
Drink Mix	4 lb.	5,044
Jello 6 oz. pkg.	10 pkg.	3,100
Milkman	10 Qts.	2,850
Jersey Cremes	250	27,500
Instant Coffee	2 oz.	-
Tea	1/4 lb.	-
Sardines 3 3/4 oz. can	10 cans	2,400
Kippers 4 oz. can	10 cans	2,000 (app.)
Deviled Ham 5½ oz. can	5 cans	2,750
Peanut Butter	4 lb.	11,240
Spam 12 oz. can	4 cans	3,960
Sunflower Seeds	1½ lb.	3,810
Spanish Nuts	3 3/4 lb.	10,200
Roasted Soy Beans	2 lb.	3,656
Tropical Chocolate	30 bars	4,560
Fruit Jerky	40 bars	6,000
Lemon Drops	1 Pkg.	3,901
Peppermint Whirls	1 Pkb.	3,901
Caramels	2 Pkg.	3,190
Pay Day Candy Bar	10 bars	2,510
Sesame Snap	40 bars	6,000 (appr.)
Honey	3 lb.	5,800
Margarine	4 lb.	13,320
Soup	20 Pkg.	4,900
Tuna 12½ oz. can	6 cans	4,200
Roast Beef 12 oz. can	6 cans	9,360
Rice	6 lb.	4,800
Whole Wheat Noodles	6 lb.	1,000

<u>FOOD ITEM</u>	<u>AMOUNT PER 10 DAYS</u>	<u>CALORIE COUNT</u>
Spaghetti Sauce	1 lb.	7,000
Macaroni and Cheese	6 Pkg.	10,320
Chicken Stew - Dehyd.	#10 Tin	2,000
Beef with Rice - Dehyd.	#10 Tin	2,000
Chop Suey - Dehyd.	#10 Tin	2,000
Biscuit Mix	6 lb.	12,600
Peas	15 cups	1,425
Corn	5 cups	475
Chocolate Pudding	3 lb.	3,300
Jelly	30 Pkg.	1,500
Salt	20 oz.	-
Pepper	8 oz.	-

AVERAGE DAILY MENU AND CALORIE COUNT

	<u>Calories</u>
<u>Morning:</u>	
Granola	400
Milk	50
Cocoa	235
1 cup fruit	400
2 Tb. brown sugar	200
	<u>1285</u>
<u>Snack:</u>	
Hard Candy	100
Sesame Snap	150
	<u>250</u>
<u>Lunch:</u>	
Peanut Butter 4 Tb.	360
Honey 3 Tb.	180
Jersey Cremes 2 crackers	220
Sardines ($\frac{1}{2}$ can)	100
Orange Drink ($\frac{1}{2}$ Qt.)	180
	<u>1040</u>
<u>Snack:</u>	
1 cup soy beans	300
Fruit Jerky	150
	<u>450</u>
<u>Dinner:</u>	
Roast Beef)	100
Rice) Casserole	200
Peas)	40
Soup	81
	<u>421</u>
<u>Dessert:</u>	
Fruit Cobbler	200
Fruit, Brown sugar, biscuit, Honey, Margarine	
Tea	<u>200</u>
TOTAL FOR DAY:	<u><u>3646</u></u>

ITEM	AMOUNT	CALORIE	PROTEIN	FAT	CARBOHYDR
Oats	1 cup	150	5	3	8
Granola	1 lb.	1958	56.2	65.1	286.9
Malt O Meal	1 oz.	105	3	TR	23
Pancake	2 lb.	3550	4.2	--	7.2
Cocoa	1 cup	235	9	11	26
Brown Sugar	1 cup	820	0	0	210
Raisins	1 cup	460	4	TR	124
Prunes	4 prunes	70	1	TR	19
Dates	1 cup	505	4	1	134
Apricots	1 cup	390	8	1	100
Apple slices	1 cup	70	TR	TR	18
Fruit Galaxy	100 gr.	340	3.1	2.0	89
Apple Nuggets	100 gr.	353	1.4	2.0	92.1
Drink Pkg.	3.3 oz.	588	-	-	-
Drink Mix	4 lb.	5,044	-	-	-
Jello	1 cup	55	4	TR	42
Milkman	1 pkg.	285	-	-	-
Jersey Cremes	1	110	2	3	19
Sardines	3 oz.	180	22	9	0
Kippers	4 oz.	500	-	-	-
Deviled Ham	2 oz.	17	13	13	0
Spam	3 oz.	290	18	24	0
Sunflower Seeds	1 lb.	2,540	108.9	214.6	90.3
Nuts	1 cup	840	30	71	2
Soy Beans	1 lb.	1828	154.7	80.3	152.0
Tropical Chocolate	1 oz.	145	2	9	16
Lemon Drops	1 oz.	110	0	TR	28
Peppermint	1 oz.	110	0	TR	28
Caramels	1 oz.	120	1	3	22
Pay Day Bar	1 bar	120	5	12	11
Sesame Snap	1 bar	150	-	-	-
Peanut Butter	1 Tb.	90	4	8	52
Honey	1 Tb.	60	TR	0	17
Margarine	½ lb.	815	1	92	1
Soup	1 Pkg.	245	6	6	45
Tuna	3 oz.	170	25	7	0
Roast Beef	3 oz.	390	16	36	0
Rice	1 cup	200	4	TR	44
Whole Wheat Noodles	1 cup	200	7	2	21
Sauce	1 cup	50	-	-	-
Macaroni & Cheese	1 cup	430	17	22	40
Chicken Stew	1 serving	-	-	-	-
Beef with rice	1 serving	-	-	-	-
Chop Suey	1 serving	-	-	-	-
Biscuit	1 bis.	130	3	4	18
Peas	1 cup	95	2	1	22
Corn	1 cup	95	2	1	22
Pudding	3 lb.	3300	0	-	-
Jello	1 Tb.	55	0	0	13
Fruit Jerky	1 stick	150	-	-	-

The following lists the number of times a particular breakfast, lunch and dinner food is eaten. The other food has also been grouped:

Breakfast Foods	Times Eaten
Granola	2
Oats	4
Malt O Meal	3
Pancake	1
Other Breakfast Foods	
Cocoa	Cup a day per person
Coffee	
Tea	
Milkman	Quart a day per patrol
Brown Sugar	
Dried Fruit	
Apple slices	
Raisins	
Prunes	
Dates	
Apricots	

Lunch Foods	Times Eaten
Kippers	2
Sardines	2
Deviled Ham	1
Spam	2
Peanut Butter	3
Jersey Cremes	2½ a day per person
Other Luncheon Foods	
Honey	
Drinks:	
Lemonade)	5 qt. a day per patrol
Orange)	
Tropical Fruit Mix)	

Trail Food
Lemon Drops
Caramels
Peppermint Whirls
Fruit Jerky
Tropical Chocolate
Sesame Snaps
Pay Day Candy Bar

Protein Packed Food

Sunflower Seeds
Soy Beans
Spanish Nuts

Dinner Foods

Times Eaten

Chicken Stew	1
Beef with Rice	1
Chop Suey	1
Spaghetti Sauce	1
Macaroni and Cheese	2
Roast Beef	2
Tuna	2
Rice	3
Whole Wheat Noodles	2

Other Dinner Foods

Peas
Corn
Soup
Jelly
Margarine

Dessert Foods

Chocolate Pudding
Biscuit Mix
Jello
Fruit Galaxy
Apple Nuggets