



**2017 American Indian Youth Wellness Camp Menu**



Meal	Sunday - June 4	Monday - June 5	Tuesday - June 6	Wednesday - June 7	Thursday - June 8	Friday - June 9
Early morning snack		Small Banana	4 oz Cantaloupe slices	4 oz Apple slices	Gogurt	Fiber One bars
Breakfast	<b>Infused Water All Day; Chalula at every meal; Kix and Cheerios Dry Cereal at Breakfast</b>	2 4" Whole Wheat Pancake, sugar free syrup, 4oz strawberries, 4 oz scrambled eggs, milk/juice	Breakfast burrito (egg, cheese, potato) w/ salsa, fruit cup, milk/juice	Turkey Sausage Egg White Scramble, 1/2 Whole Wheat Bagel 1 Pkg Lite Cream Cheese 2 oz lite Strawberry Jam milk/juice	French toast, mixed fresh fruit w/ 1/2c. fresh strawberries and/or blueberries, 1 Tbsp lite whipped cream, jam, turkey bacon, milk/juice	Breakfast sandwich: English muffin, 2 egg whites scrambled w/ 1 oz sharp cheddar, 2 oz Canadian bacon or ham, orange slices, milk/juice
Mid-morning snack		8 oz Grapes	4 oz pear, mozzarella cheese stick	4 oz celery/carrots, 1 slice ham	4 oz cup nut mix/ raisins	1 bag Chex Mix
Lunch	<b>Salad bar at lunch and dinner 2oz portions Lite Ranch &amp; Lite Italian</b>	4 oz. Manwich Sloppy Joe on whole wheat bun, 9 Tator tots 4oz cup Apple Sauce	Spaghetti with meat sauce, green beans, garlic bread, 4 oz cup watermelon	2 slices flat bread cheese and veggie pizza, 2 c. cucumber & tomato salad w light dressing & sugar-free Popsicle	(Sack Lunch- Sedona) turkey sandwich on whole wheat bread, cheese, tomatoes, lettuce, apple, gold fish crackers, 2" choc chip cookie	2 c. sautéed summer squash, 2 soft tacos w beans, cheese, meat, lettuce, tomato, salsa & sugar-free Popsicle
Mid-afternoon snack	Popcorn, 1 bag Chex Mix	Popcorn, Sugar free ice cream	Popcorn, sugar free popsicle	Popcorn, orange wedges	Popcorn sprinkled w/ parmesan cheese + Cheese stick	
Dinner	4 oz Sliced Meatloaf (3/4 ground turkey, 1/4 ground beef), 3 small red potatoes, corn bread, blueberry cobbler	4 oz grilled chicken breast, 1/2 c ranch beans, steamed carrots, , sugar free Jello w/ 1 Tbsp lite Cool Whip	4 oz grilled pork steak, stir fry veggies, strawberry/pineapple salad, Small baked apple w cinnamon sprinkle	1 1/2 cup Hamburger Cabbage Stew, corn bread, angel food cake w/ cherries, 1 Tbsp lite Cool Whip	Grilled hamburgers w lettuce, tomato, pickles, onions, mustard, ketchup, wheat bun, 1 bag SunChips, watermelon	<b>Infused Water All Day; Chalula at every meal</b>
Night snack	Trail mix: raisins, peanuts, Chex cereal, M&Ms	Fruit Smoothie	Vegetable smoothie	Fruit Smoothie	Sugar Free Rocky Road Pudding, Apple sauce	

**Figure S1** Sample menu including culturally relevant foods for the 2017 American Indian Youth Wellness Cam.