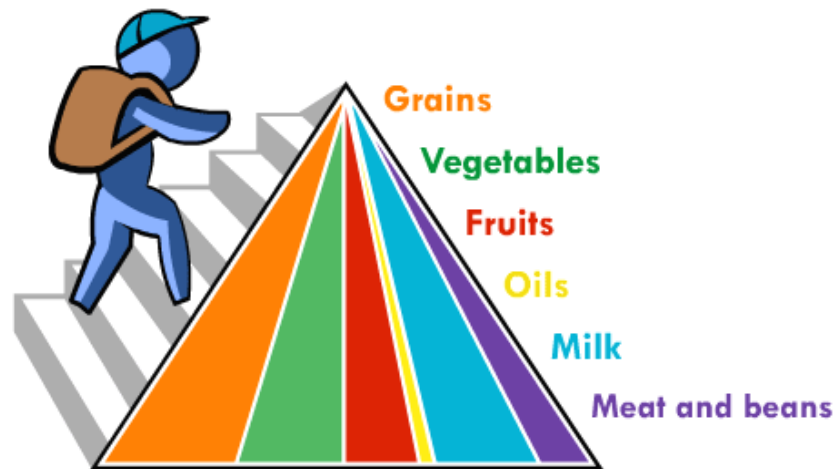


ALL Stars Academy SUMMER Camp NUTRITION GUIDELINES

At All stars Academy we care about the nutritional contribution the meals we serve give to our campers, that's why we carefully pick the right foods with the right nutrients.

U.S. Department of Agriculture (USDA), Health and Human Services (HHS) dietary guidelines ,which provide practical advice on eating a healthy, balanced diet, recommend that kids eat more fruits, vegetables, and whole grains and get at least 60 minutes of moderate to vigorous exercise each day. The Food Guide Pyramid, now called My Pyramid, has been updated to help parents and kids understand these guidelines.

EXPLORE The **FOOD GUIDE PYRAMID**



-  **Grains**
Breads, tortillas, pastas (noodles, spaghetti, etc.), cereals, and rice
-  **Vegetables**
Broccoli, tomatoes, green beans, peas, carrots, and many, many others
-  **Fruits**
Apples, peaches, pears, blueberries, strawberries, raspberries, bananas, oranges, and many more
-  **Oils**
Olive oil, peanut oil, canola oil, butter, soft tub margarine without trans fats, and others
-  **Milk**
Milk, yogurt, cheese, and some milk-based desserts, such as pudding and ice cream
-  **Meat and beans**
Meat, poultry, fish, dry beans, eggs, and nuts

(Kidshealth.org, 2011)



All Stars Academy

Summer Camp Lunch and Snacks Menu.

Day	Lunch	Snacks
Monday	Chili with beans Milk or Juice	Granola Bar and Juice
Tuesday	Chicken Nuggets and sweet corn Juice	Fruit and Juice
Wednesday	Hot Dog + chips Milk or Juice Fruit	Peanut butter cookies and Juice
Thursday	Mac and Cheese Juice or milk	Fruit and cookies
Friday	Hot Ham and Cheese Sandwich Milk or Juice	Low fat chips juice

**All meals come with a choice of milk or juice, fruit cups and healthy snacks every day. We encourage kids to bring a bottle for water so they drink it throughout the day.*



HAVE A FUN AND HEATHY SUMMER!

BOCA ALL STARS ACADEMY.