

Outdoor Education (4-day Program)

Menu Items

	Breakfast	Lunch	Dinner
Day 1	--	--	Spaghetti* Marinara Beef or Veggie meatballs Focaccia bread* Green Salad Chocolate Brownie* Ranch and Balsamic Dressing Parmesan Cheese
Day 2	Waffles* Chicken Apple Sausage Links # Banana Milk* Orange Juice Syrup and Butter	Sun Butter and Jam Sandwich* Tortilla Chips Carrots Whole fruit (1 Apple, Orange, or Pear) Chocolate Chip Cookie* Milk*	BBQ Chicken # Rice Broccoli Lemon Bar
Day 3	English Muffin* Turkey Sausage Patty # Scrambled Eggs Cheese Orange slices Milk* Orange Juice Ketchup, Hot sauce	Turkey Sandwich* # Tortilla Chips Carrots Whole fruit (1 Apple, Orange, or Pear) Chocolate Chip Cookie* Milk* Mayonnaise and Mustard	Cheese or Beef Pepperoni Pizza* # Green Salad Ice Cream Sandwich* Ranch and Balsamic Dressing
Day 4	Blueberry Muffin* Cheerios Granola Vanilla Yogurt Strawberries Hard Boiled Egg Beef Bacon # Milk* Orange Juice	Hot Dog w/ bun* # Tater Tots* Whole fruit (1 Apple, Orange, or Pear) Chocolate Chip Cookie* Milk* Mustard, Ketchup, Mayonnaise, Relish	Snacks Trail mix- on trail Pretzels- at night (as needed) Fig Bar-at night (as needed) Fruit is always available in the dining hall

* Dairy free and/or gluten free options available

Vegetarian option available