

SAMPLE OUTDOOR EDUCATION MENU

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST		<ul style="list-style-type: none"> • French Toast • Pork Sausage • Butter and Syrup 	<ul style="list-style-type: none"> • Scrambled Eggs • Breakfast Potatoes • Buttermilk biscuits and Jam 	<ul style="list-style-type: none"> • Honey wheat Pancakes • Pork Sausage • Butter & Syrup 	<ul style="list-style-type: none"> • Cereal and Milk • Banana Bread • Hard Boiled Eggs
LUNCH	<ul style="list-style-type: none"> • Brought by students or school 	<ul style="list-style-type: none"> • Cheese Quesadilla • Black Beans • Salsa 	<ul style="list-style-type: none"> • Sweet and Sour Chicken • Brown rice 	<ul style="list-style-type: none"> • Grilled Cheese • Vegetable Soup • Brown Rice 	<ul style="list-style-type: none"> • Turkey Dog • Tater Tots • Cookie
DINNER	<ul style="list-style-type: none"> • Soft Tacos (Turkey) • Spanish rice and Refried beans • Cheese and Salsa • Corn • Orange Cake 	<ul style="list-style-type: none"> • Pasta with marinara (beef) • Garlic Focaccia Bread • Caesar Salad • Broccoli • Fruit Cobbler 	<ul style="list-style-type: none"> • Oven Roasted Chicken • Mashed Potatoes and Gravy • Mixed Vegetables • Brownies 	<ul style="list-style-type: none"> • Pizza (Cheese, pepperoni, Veggie) • Salad Bar • Carrots • Fruit Crisp 	

ALL MEALS INCLUDE:

BREAKFAST: Oatmeal, brown sugar, fruit, yogurt, raisins, cereal, orange juice, milk, coffee

LUNCH: Green salad, fruit, water

DINNER: Green salad, water, coffee

SUNBUTTER AND JELLY SANDWICHES AVAILABLE AT ALL MEALS