

Outdoor Education (4-day Program)

Menu Items

	Breakfast	Lunch	Dinner
Day 1	--	Sun Butter and Jam Sandwich (for students/Cabin leaders who need lunch) (1)	Radiatore Pasta* (4 oz) Marinara (2 oz) Beef or Veggie meatball (2 oz.) (2) Focaccia bread* (1) Green Salad (1 pinch) Oreo Brownie* (1) Ranch and Balsamic Dressing Parmesan Cheese (.5oz)
Day 2	Pancake (2) Chicken Apple Sausage Links (4oz) Banana (1 half) Milk* (8 oz) Orange Juice (8 oz) Syrup and Butter	Sun Butter and Jam Sandwich* (1) Tortilla Chips Carrots Whole fruit (1 Apple, Orange, or Pear) Chocolate Chip Cookie* (1) Trail only Choc. Milk* (1 cup)	Chicken (1 piece) Rice (2 oz) Green beans(4 oz) Lemon Bar (1)
Day 3	English Muffin (1 whole) Turkey Sausage Patty (1) Scrambled Eggs (4 oz) Cheese (1 slice) Orange slices (4 slices) Milk* (1 cup) Orange Juice (2 slices) Ketchup, Hot Sauce, Butter, Jam	Chicken Tenders (6 oz) Curly Fries (4oz) Carrots Whole fruit (1 Apple, Orange, or Pear) Choc. Milk* (8 oz) Ranch/BBQ sauce Mayonnaise and Mustard	Cheese or Beef Pepperoni Pizza* (2 slices) Salad Bar (1 pinch) Tom/cucumber/carrot/crouton Ice Cream Sandwich* (1) Ranch and Balsamic Dressing
Day 4	Blueberry Muffin (1) Cheerios, Granola, Rice Crispies (4oz) Vanilla Yogurt (2 oz) Strawberries (3) Hard Boiled Egg (1) Halal Beef Bacon (2) Milk* (8 oz) Orange Juice (8 oz)	Beef Hotdog w/ bun* Tater Tots* (4 oz) Whole fruit (1 Apple, Orange, or Pear) Apple Sauce Choc. Milk* (8 oz) Mustard, Ketchup, Mayonnaise, Relish	Snacks Trail mix- on trail/Hall Pretzels- at night (as needed) Fig Bar-at night (available BOH) Fruit and Raisins (always)

* Dairy free and/or gluten free options available

Cereal available at all breakfasts

Portion Size/Dietary/Carb Count

	Breakfast	Lunch	Dinner
Day 1	--	--	Spaghetti* (4 oz) 21g (gluten) Marinara (2 oz) 5g 2 Beef or veggie meatballs (2 oz) 5g (beef meatball dairy/eggs/gluten) 1 Focaccia bread (2 oz) 25g (gluten) Green Salad (1 pinch) 3g 1 Oreo Brownie (2 oz) 22g (gluten/egg/dairy) Ranch (dairy) and Balsamic Dressing 3g Parmesan Cheese (dairy)
Day 2	1 Pancake (2.4 oz) 24.5g (egg/gluten) 2 Chicken Apple Sausage Links (4oz) 4g per (does not contain pork) 1 Banana (4 oz) 27g 1 cup Milk (8 oz) 12g 1 cup Orange Juice (8 oz) 26g Syrup 13g/tsp and Butter 0g (dairy)	Sun Butter (1/2 oz) 4g Jam (1/2 oz) 14g 2 slices Bread* (2 oz) 32g (gluten) Tortilla Chips (1 oz) 27g Carrots (4 oz) 5g Whole fruit (4 oz) 25g 1 Chocolate Cookie (2 oz) 10g (gluten/egg/dairy) 1 cup Milk (8 oz.) 12g	1 piece Chicken (3 oz) 0g BBQ sauce (tsp) 7g Rice (2 oz) 20g Green Beans(2 oz) 3.5g Lemon Bar* (2 oz) 26g (dairy/egg/gluten)
Day 3	1 English Muffin (2 oz) 24g (gluten/may contain eggs) 1 Turkey Sausage Patty (1.6oz) 1g (soy) 1 serving Scrambled Eggs (2 oz) 1g 1 slice Cheese (.75oz) 1g (dairy) 4 Orange slices (4 oz) 11g 1 cup Milk (8 oz) 12g (dairy) 1 cup Orange Juice (8 oz) 26g Ketchup 4.5/tsp , Hot sauce .1g/tsp	Chicken Tenders (6 oz) 16g Curly Fries (4oz) 27 g Carrots (4 oz) 5g Whole fruit (4 oz) 25g 1 Chocolate Cookie (2 oz) 10g (gluten/egg/dairy) 1 cup Milk (8 oz.) 12g (dairy) Mayonnaise .1g/tsp and Mustard .3g	Pizza* (2 slices) 36g/slice (Cheese and Halal Beef Pepperoni) (dairy, gluten, egg free) Green Salad (1 pinch) 3g Ice Cream Sandwich* (1) 26g (egg/dairy/gluten) Ranch (dairy) and Balsamic Dressing 3g
Day 4	Blueberry Muffin (.92oz) 51g (gluten/egg/dairy) Cheerios/granola (1 bowl= 4 oz) 15g Vanilla Yogurt (2 oz) 10g (dairy) Strawberries (4 oz) 7g Hard Boiled Egg (2 oz) 1g (egg) 1 cup Milk (8 oz) 12g (dairy) 1 cup Orange Juice (8 oz) 26g	Hot Dog (4 oz) 2g (beef/vegan dogs available) Bun (2 oz) 21g gluten/dairy free) Tator Tots (2 oz) 16g (GF) Whole fruit (4 oz) 25g 1 Chocolate Cookie (2 oz) 10g (gluten/eggs/dairy) 1 cup Milk (8 oz.) 12g (dairy) Mustard .3g , Ketchup 4.5/tsp Mayonnaise .1g/tsp (eggs), Relish 5g/tsp	Snacks Trail mix- on trail- 34g ½ cup Pretzels- at night (as needed) (gluten) Fruit in the dining hall 25g