

## **Examples of Meals of Outdoor Education**

### Common Breakfast Examples:

- Scrambled Eggs, Sausage Links, Hashbrown Triangles
- Waffles and Bacon
- Breakfast Sandwiches with a Sausage Patty & Scrambled Eggs
- Cinnamon Rolls, Scrambled Eggs, Sliced Ham

**Every breakfast is served with fresh fruit, hot and cold cereal, and juice.**

### Common Lunch Examples:

- Hot Dogs and Macaroni and Cheese
- Grilled Cheese Sandwiches and Tomato Soup
- Tacos, Pinto Beans, Tortilla Chips, Toppings
- Focaccia Turkey Sandwiches and Chips
- Chicken Nuggets and Tater Tots
- Hamburgers and French Fries
- Cheese Quesadillas and Spanish Rice
- Grilled Chicken Sandwiches and Potato Chips

**Every lunch is served with a daily fresh prepared salad bar. Also available fresh whole fruit and the ability to make a peanut butter and jelly sandwich (assuming there is not a nut allergy present during the week).**

### Common Dinner Examples:

- Bbq Pork Sandwiches, Mash Potatoes, Corn on the Cob
- Beef and Broccoli, Jasmine Rice, Spring Rolls
- Grilled Chicken, Scalloped Potatoes, Roasted Vegetables
- Spaghetti and Meatballs, Steamed Broccoli, Baguette Bread
- Cheese Raviolis, Grilled Zucchini
- Cheese & Pepperoni Pizza
- Roasted Pork Tenderloin, Rice Pilaf, Green Beans
- Pot Roast, Mash Potatoes, Roasted Carrots

**Every dinner is served with a daily fresh prepared salad bar. Every dinner is also served with fresh made daily dessert and whole milk to drink.**