



# High Trails Outdoor Science School

POST OFFICE BOX 2640  
BIG BEAR CITY, CA 92314  
TEL/FAX: 800 428-1851

RUNNING PROGRAM IN THE  
SAN BERNARDINO NATIONAL FOREST  
WWW.DIRTYCLASSROOM.COM

**LEARNING HOW WE CAN ALL FIT TOGETHER ON ONE HEALTHY PLANET**

## Menu Carb Count

	<i>Dining Hall Lunch</i>	<i>Dinner</i>
<p><b>** Sandwich Bar</b> Turkey, Ham, Hummus, Bean Spread, 3 dressings plus 6 rotating add-ons: Lettuce, spinach, tomatoes, onions, cucumbers, cucumber spread, alfalfa sprouts, pickles, bacon, green pepper slices, cream cheese, etc.</p>	<p>Chicken Nuggets / Strips (5=21g) Chili (1c=22g) Chocolate Chip Cookies (1=12g) Water on Tables, Punch (8oz=21g) Carrot (3.0oz=9g) Celery (3.9oz=2g) Ranch Dip (2tbsp=1g) Bean &amp; Cheese Rolls (1=42g) <b>Adult/Veggie option</b></p>	<p>Appetizer: Honey Biscuit (1=20g) Mac &amp; Cheese w/Hotdog Slices (2oz=46g) Baked Beans (1/2c=29g) Peas (1/2c=9g) Sugar Cookies (1=16g) Spinach (1 1/2c=10g) Ranch Dip (2tbsp=1g) Water on Tables, Punch (8oz=21g) Sunbutter/Jelly Sandwiches (1/2=23g) Salad Bar (See Below) <b>Adult/Veggie option</b></p>
<i>TUESDAY</i>	<i>Trail Lunch</i>	<i>Dinner</i>
<p><b>Breakfast</b> Scrambled Eggs (1/2c=3g) Coffee Cake (1oz=15g) Rice Krispies(1c=23.2g) Cheerios (1c=23g) Raisin Bran(1c=45g) Oatmeal Packets Orgn=19g, MplBrSgr=32g, CinSp=32g, AplCin=33g Canned Peaches(1/2c=12g) Pears(1/2c=20g) Pineapple(1/2c=17g) Milk(8oz=14g) Orange Juice (8oz=26g) <b>Adult/Veggie option</b></p>	<p>Sunbutter &amp; Jelly Sandwiches(1/2=23g) Bean &amp; Cheese Rolls (1=42g) Apple (1=22g) Orange (1=21g) Potato Chips(2oz=28g) Animal Crackers(14pcs=25g) Trail Mix: cereal, raisins, chocolate chips &amp; marshmallows(1c=24g) <b>Adult sandwich bar available**</b></p>	<p>Appetizer: Garlic Bread (1=8g) Spaghetti(2oz=42g) Marinara sauce(1/2c=9g) Meatballs (2oz=5g) Corn (1/2 cup = 83g) Oatmeal Cookies (1=19g) Spinach (1 1/2c=10g) Ranch Dip (2tbsp=1g) Water on Tables, Punch (8oz=21g) Sunbutter/Jelly Sandwiches (1/2=23g) Salad Bar (See Below) <b>Adult/Veggie option</b></p>
<i>WEDNESDAY</i>	<i>Trail Lunch</i>	<i>Dinner</i>
<p><b>Breakfast</b> Pancakes(2=38g) / Waffles(2=31g) Syrup (2 Tbsp.= 25g) Sausage (1=1g) Rice Krispies(1c=23.2g) Cheerios (1c=23g) Raisin Bran(1c=45g) Oatmeal Packets Orgn=19g, MplBrSgr=32g, CinSp=32g, AplCin=33g Canned Peaches (1/2c=12g) Pears(1/2c=20g) Pineapple(1/2c=17g) Milk(8oz=14g) Orange Juice (8oz=26g) <b>Adult/Veggie option</b></p>	<p>Turkey &amp; Cheese Sandwiches(1=27g) Bean &amp; Cheese Rolls (1=42g) Apple (1=22g) Orange (1=21g) Corn Chips(2 oz. {64pcs}=27g) Graham Crackers (2 sheets=24g) Trail Mix: cereal, raisins, chocolate chips &amp; marshmallows(1c=24g) <b>Adult sandwich bar available**</b></p>	<p>Appetizer: Corn Bread(1=28g) Orange Chicken (8oz=19g) Rice(1/2c=22g) Broccoli(1/2c=2g) Rice Krispie Treats(1=30g) Spinach (1 1/2c=10g) Ranch Dip (2tbsp=1g) Water on Tables, Punch (8oz=21g) Sunbutter/Jelly Sandwiches (1/2=23g) Salad Bar (See Below) <b>Adult/Veggie option</b></p>
<i>THURSDAY</i>	<i>Trail Lunch</i>	<i>Dinner</i>
<p><b>Breakfast</b> Scrambled Eggs (1/2c=3g) Tator Tots(1/2c=20g) Rice Krispies(1c=23.2g) Cheerios (1c=23g) Raisin Bran(1c=45g) Oatmeal Packets Orgn=19g, MplBrSgr=32g, CinSp=32g, AplCin=33g Canned Peaches(1/2c=12g) Pears(1/2c=20g) Pineapple(1/2c=17g) Milk (8oz=14g) Orange Juice (8oz=26g) <b>Adult/Veggie option</b></p>	<p>Ham &amp; Cheese Sandwiches(1=27g) Bean &amp; Cheese Rolls (1=42g) Apple (1=22g) Orange (1=21g) Pretzels(63pcs=24g) Banana Bread(1=25g) Pumpkin Bread(1=41g) Trail Mix: cereal, raisins, chocolate chips &amp; marshmallows(1c=24g) <b>Adult sandwich bar available**</b></p>	<p>Appetizer: Honey Biscuit(1=20g) Cheese Pizza(1=33g) Peas (1/2c=9g) Chocolate Cookies (1=12g) Spinach (1 1/2c=10g) Ranch Dip (2tbsp=1g) Water on Tables, Punch (8oz=21g) Sunbutter/Jelly Sandwiches (1/2=23g) Salad Bar (See Below) <b>Adult/Veggie option</b></p>
<i>FRIDAY</i>	<i>Lunch served on request</i>	<i>*Salad Bar</i>
<p><b>Breakfast</b> French Toast(4=41g) Syrup (2 Tbsp.= 25g) Bacon (1=0g) Yogurt Plain 6oz=14g; Strawberry 3oz=16g) Granola (1/3c=22g) Rice Krispies(1c=23.2g) Cheerios (1c=23g) Raisin Bran(1c=45g) Oatmeal Packets Orgn=19g, MplBrSgr=32g, CinSp=32g, AplCin=33g Canned Peaches(1/2c=12g) Pears(1/2c=20g) Pineapple(1/2c=17g) Milk (8oz=14g) Orange Juice (8oz=26g) <b>Adult/Veggie option</b></p>	<p><b>Standard Trail Lunch OR</b> Cheeseburger(1=3g) Bun (1=31g) Vegetable Soup (1c=22g) Chocolate Chip Cookies (1=12g) Water on Tables, Punch (8oz=21g) Carrot (3.0oz=9g) Celery (3.9oz=2g) Ranch Dip (2tbsp=1g) Bean &amp; Cheese Rolls (1=42g) <b>Adult/Veggie option</b></p>	<p><b>plus 8 rotating add-ons:</b> Artichoke hearts (1/2=5g); Croutons (6pcs=8g); Shredded cheese (1/4c=1g); Tomatoes (5.2oz=7g); Broccoli (1/2=2g); Cucumbers (3.5oz=3g); Hard boiled eggs (1=0.6g); Garbanzo (1/2c=14g); Kidney (1/2c=17g); or Black beans (1/2c=18g); Onions (5.2oz=14g)</p>



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## Menu w/Cookout: Oct, April, May Carb Count

MONDAY	NO Breakfast	Dining Hall Lunch	Dinner
<b>** Sandwich Bar</b> <b>Turkey, Ham, Hummus, Bean Spread,</b> <b>3 dressings plus 6 rotating add-ons:</b> Lettuce, spinach, tomatoes, onions, cucumbers, cucumber spread, alfalfa sprouts, pickles, bacon, green pepper slices, cream cheese, etc.		Chicken Nuggets / Strips (5=21g) Chili (1c=22g) Chocolate Chip Cookies (1=12g) Water on Tables, Punch (8oz=21g) Carrot (3.0oz=9g) Celery (3.9oz=2g) Ranch Dip (2tbsp=1g) Bean & Cheese Rolls (1=42g) <b>Adult/Veggie option</b>	Appetizer: Garlic Bread (1=8g) Spaghetti(2oz=42g) Marinara sauce(1/2c=9g) Meatballs (2oz=5g) Corn (1/2 cup = 83g) Oatmeal Cookies (1=19g) Spinach (1 1/2c=10g) Ranch Dip (2tbsp=1g) Water on Tables, Punch (8oz=21g) Sunbutter/Jelly Sandwiches (1/2=23g) Salad Bar (See Below) <b>Adult/Veggie option</b>
TUESDAY	Breakfast	Trail Lunch	Dinner
Scrambled Eggs (1/2c=3g) Coffee Cake (1oz=15g) Rice Krispies(1c=23.2g) Cheerios (1c=23g) Raisin Bran(1c=45g) Oatmeal Packets Orgn=19g, MplBrSgr=32g, CinSp=32g, AplCin=33g Canned Peaches(1/2c=12g) Pears(1/2c=20g) Pineapple(1/2c=17g) Milk(8oz=14g) Orange Juice (8oz=26g) <b>Adult/Veggie option</b>	Sunbutter & Jelly Sandwiches(1/2=23g) Bean & Cheese Rolls (1=42g) Apple (1=22g) Orange (1=21g) Potato Chips(2oz=28g) Animal Crackers(14pcs=25g) Trail Mix: cereal, raisins, chocolate chips & marshmallows(1c=24g) <b>Adult sandwich bar available**</b>	Appetizer: Corn Bread(1=28g) Orange Chicken (8oz=19g) Rice(1/2c=22g) Broccoli(1/2c=2g) Rice Krispie Treats(1=30g) Spinach (1 1/2c=10g) Ranch Dip (2tbsp=1g) Water on Tables, Punch (8oz=21g) Sunbutter/Jelly Sandwiches (1/2=23g) Salad Bar (See Below) <b>Adult/Veggie option</b>	
WEDNESDAY	Breakfast	Trail Lunch	Dinner
Pancakes(2=38g) / Waffles(2=31g) Syrup (2 Tbsp.= 25g) Sausage (1=1g) Rice Krispies(1c=23.2g) Cheerios (1c=23g) Raisin Bran(1c=45g) Oatmeal Packets Orgn=19g, MplBrSgr=32g, CinSp=32g, AplCin=33g Canned Peaches (1/2c=12g) Pears(1/2c=20g) Pineapple(1/2c=17g) Milk(8oz=14g) Orange Juice (8oz=26g) <b>Adult/Veggie option</b>	Turkey & Cheese Sandwiches(1=27g) Bean & Cheese Rolls (1=42g) Apple (1=22g) Orange (1=21g) Corn Chips(2 oz. (64pcs)=27g) Graham Crackers (2 sheets=24g) Trail Mix: cereal, raisins, chocolate chips & marshmallows(1c=24g) <b>Adult sandwich bar available**</b>	Appetizer: Honey Biscuit(1=20g) Cheese Pizza(1=33g) Peas(1/2c=9g) Chocolate Cookies (1=12g) Spinach (1 1/2c=10g) Ranch Dip (2tbsp=1g) Water on Tables, Punch (8oz=21g) Sunbutter/Jelly Sandwiches (1/2=23g) Salad Bar (See Below) <b>Adult/Veggie option</b>	
THURSDAY	Breakfast	Trail Lunch	Dinner
Scrambled Eggs (1/2c=3g) Tator Tots(1/2c=20g) Rice Krispies(1c=23.2g) Cheerios (1c=23g) Raisin Bran(1c=45g) Oatmeal Packets Orgn=19g, MplBrSgr=32g, CinSp=32g, AplCin=33g Canned Peaches(1/2c=12g) Pears(1/2c=20g) Pineapple(1/2c=17g) Milk (8oz=14g) Orange Juice (8oz=26g) <b>Adult/Veggie option</b>	Ham & Cheese Sandwiches(1=27g) Bean & Cheese Rolls (1=42g) Apple (1=22g) Orange (1=21g) Pretzels(63pcs=24g) Banana Bread(1=25g) Pumpkin Bread(1=41g) Trail Mix: cereal, raisins, chocolate chips & marshmallows(1c=24g) <b>Adult sandwich bar available**</b>	<b>COOKOUT</b> Turkey Hot Dogs (1 link=0g; 1 bun=24g) Corn Chips (1.1 oz (35pcs)=15g) Potato Chips (2oz=28g) Watermelon (1/2c=6g) Carrot (3.0 oz=9g) Celery Sticks (3.9oz=2g) S'Mores (Chocolate 3pcs=7g, 1 sheet (4pcs)=23g, Marshmallow 1=6g) Sunbutter/Jelly Sandwiches (1/2=23g) <b>Adult/Veggie option</b>	
FRIDAY	Breakfast	Lunch served on request	
French Toast(4=41g) Syrup (2 Tbsp.= 25g) Bacon (1=0g) Yogurt Plain 6oz=14g; Strawberry 3oz=16g) Granola (1/3c=22g) Rice Krispies(1c=23.2g) Cheerios (1c=23g) Raisin Bran(1c=45g) Oatmeal Packets Orgn=19g, MplBrSgr=32g, CinSp=32g, AplCin=33g Canned Peaches(1/2c=12g) Pears(1/2c=20g) Pineapple(1/2c=17g) Milk (8oz=14g) Orange Juice (8oz=26g) <b>Adult/Veggie option</b>	<b>Standard Trail Lunch OR</b> Cheeseburger(1=3g) Bun (1=31g) Vegetable Soup (1c=22g) Chocolate Chip Cookies (1=12g) Water on Tables, Punch (8oz=21g) Carrot (3.0oz=9g) Celery (3.9oz=2g) Ranch Dip (2tbsp=1g) Bean & Cheese Rolls (1=42g) <b>Adult/Veggie option</b>	<b>*Salad Bar</b> <b>3 dressings,</b> <b>plus 8 rotating add-ons:</b> Artichoke hearts (1/2=5g); Croutons (6pcs=8g); Shredded cheese (1/4c=1g); Tomatoes (5.2oz=7g); Broccoli (1/2=2g); Cucumbers (3.5oz=3g); Hard boiled eggs (1=0.6g); Garbanzo (1/2c=14g); Kidney (1/2c=17g); or Black beans (1/2c=18g); Onions (5.2oz=14g)	