



High Trails Outdoor Science School

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

RUNNING PROGRAM
SAN BERNARDINO NATIONAL CENTER
WWW.DIRTYCLASSROOMS.COM

LEARNING HOW WE CAN ALL FIT TOGETHER ON ONE HEALTHY PLANET

Menu

<p>*Salad & Snack Bar: Salad, 3 dressings, 12 toppings. Nutfree/Jelly Sandwiches, Bean & Cheese Rolls, Sliced Oranges & Apples. ** Sandwich Bar: Turkey, Ham, Vegetarian Spread, 3 dressings plus 12 rotating add-ons. Breakfast: Milk & Water on Tables, Orange Juice on Counter Dinner: Water on Tables, punch available Dietary: We provide vegetarian, vegan, dairy free, and gluten free reasonable alternative menu options which may or may not be a direct substitute for original menu item.</p>	<p>ARRIVAL DAY Dining Hall Lunch Chicken Nuggets (E,G,S,SBO, SL) Chili (T, C, SBO, SL) Chocolate Chip Cookies (E,G,SBO,SL) Water on Tables, Punch available Salad Bar and Sliced Fruit Bean & Cheese Rolls (D,G) + Ranch (D,E,SF,S) Nutfree/Jelly Sandwiches (G,CS,SBO,SF) SNACK Trail Mix: cereal, raisins, chocolate chips & marshmallows (C,G,CS,SL,S,C) Adult/Vegetarian option</p>	<p>MONDAY Dinner Appetizer: Honey Biscuit (G,D,SBO,SL) Quesadilla with Seasoned Meat (D,G) Mexican Rice & Beans (SBO, SL) Green Beans Sugar Cookies (G, E, SBO, SL) Basic Salad on Table w/Ranch (D,E,SF,S) Salad & Snack Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>TUESDAY Breakfast Scrambled Eggs (E, SBO, SL) Hash Browns Rice Krispies Toasted Oats (C,CS,G) Raisin Bran(CS,G) Oatmeal Packets (G) Sliced Fruit Canned Peaches(CS), Pears or Pineapple Adult/Vegetarian option</p>	<p>TUESDAY Trail Lunch Nutfree/Jelly Sandwiches (G,CS,SBO,SF) Turkey & Cheese Sandwiches (G,CS,SBO,D) Bean & Cheese Rolls (D,G) + Ranch (D,E,SF,S) Fruit Potato Chips (P,SF,C) Animal Crackers (G,S,SO,CS) SNACK Trail Mix: cereal, raisins, chocolate chips & marshmallows (C,G,CS,SL,S,C) Adult sandwich bar available**</p>	<p>TUESDAY Dinner Appetizer: Garlic Bread (G,S,SBO, SL, CS) Spaghetti w/Marinara Sauce (T, G, SBO, SL) Meatballs (G, S, D, C) Corn (C) Oatmeal Cookies (E,G,SBO,SL) Basic Salad on Table w/Ranch (D,E,SF,S) Salad & Snack Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>WEDNESDAY Breakfast Pancakes (C,D,E,G,S,SL,SBO,CS) Sausage (S) Rice Krispies Toasted Oats (C,CS,G) Raisin Bran (CS,G) Oatmeal Packets (G) Sliced Fruit Canned Peaches (CS), Pears or Pineapple Adult/Veggie option</p>	<p>WEDNESDAY Trail Lunch Nutfree/Jelly Sandwiches (G,CS,SBO,SF) Turkey & Cheese Sandwiches (G,CS,SBO,D) Bean & Cheese Rolls (D,G) + Ranch (D,E,SF,S) Fruit Corn Chips (C) Graham Crackers (G, CS, SL) SNACK Trail Mix: cereal, raisins, chocolate chips & marshmallows (C,G,CS,SL,S,C) Adult sandwich bar available**</p>	<p>WEDNESDAY Dinner Appetizer: Corn Bread (C,G,D,E,SBO,SL) Orange Chicken (C,G,SBO,SL,E,S) Rice (SBO, SL) Broccoli Rice Krispie Treats (CS,SBO,SL) Basic Salad on Table w/Ranch (D,E,SF,S) Salad & Snack Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>THURSDAY Breakfast Scrambled Eggs (E, SBO, SL) Tator Tots (C,SBO SL,SF) Yogurt (D,C), Granola (CS,G) Rice Krispies Toasted Oats (C,CS,G) Raisin Bran (CS,G) Oatmeal Packets (G) Sliced Fruit Canned Peaches (CS), Pears or Pineapple Adult/Vegetarian option</p>	<p>THURSDAY Trail Lunch Nutfree/Jelly Sandwiches (G,CS,SBO,SF) Turkey & Cheese Sandwiches (G,CS,SBO,D) Bean & Cheese Rolls (D,G) + Ranch (D,E,SF,S) Fruit Pretzels (G,CS) Banana/Pumpkin Bread (E,G,SBO,SL) SNACK Trail Mix: cereal, raisins, chocolate chips & marshmallows (C,G,CS,SL,S,C) Adult sandwich bar available**</p>	<p>THURSDAY Dinner Appetizer: Honey Biscuit (G,D, SBO,SL) Cheese Pizza (D,G,S,T) Peas Chocolate Cookies (G, E,SBO, SL) Basic Salad on Table w/Ranch (D,E,SF,S) Salad & Snack Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>FRIDAY Breakfast French Toast (C,D,S,SBO,SF,G) Bacon Rice Krispies Toasted Oats (C,CS,G) Raisin Bran (CS,G) Oatmeal Packets (G) Sliced Fruit Canned Peaches (CS), Pears or Pineapple Adult/Vegetarian option</p>	<p>DEPARTURE DAY Lunch served on request Standard Trail Lunch OR Cheeseburger (S,D) and Bun (SBO, G, S, CS) Vegetable Soup (T,C) Chocolate Chip Cookies (E,G,SBO,SL) Water on Tables, Punch available Salad Bar and Sliced Fruit Bean & Cheese Rolls (D,G) + Ranch (D,E,SF,S) Nutfree /Jelly Sandwiches (G,CS,SBO,SF) Adult/Vegetarian option</p>	<p>ALLERGEN KEY:</p> <ul style="list-style-type: none"> • D=Dairy • C=Corn • CS=Corn Syrup • TN=Tree Nuts • S=Soy • SBO=Soy Bean Oil • G=Gluten • E=Egg • SF=Sunflower • T=Tomato • M=Sesame • SL=Soy Lechtin • P=Produced in a facility with peanuts



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Menu w/Cookout: Sept, Oct, April, May

<p>*Salad Bar: salad, 3 dressings, 12 toppings. ** Sandwich Bar: Turkey, Ham, Vegetarian Spread, 3 dressings plus 12 rotating add-ons. Breakfast: Milk & Water on Tables, Orange Juice on Counter Dinner: Water on Tables, punch available Dietary: We provide vegetarian, vegan, dairy free, and gluten free reasonable alternative menu options which may or may not be a direct substitute for original menu item.</p>	<p>ARRIVAL DAY Dining Hall Lunch Chicken Nuggets / Strips (E,G,S,SBO, SL) Chili (T,C, SBO, SL) Chocolate Chip Cookies (E,G,SBO,SL) Water on Tables, Punch available Salad Bar and Sliced Fruit Bean & Cheese Rolls (D,G) + Ranch (D,E,SF,S) Nutfree/Jelly Sandwiches (G,CS,SBO,SF) SNACK Trail Mix: cereal, raisins, chocolate chips & marshmallows (C,G,CS,SL,S,C) Adult/Vegetarian option</p>	<p>MONDAY Dinner Appetizer: Garlic Bread (G,S,SBO, SL, CS) Spaghetti w/Marinara Sauce(T, G, SBO, SL) Meatballs (G, S, D, C) Peas Oatmeal Cookies (E,G,SBO,SL) Basic Salad on Table w/Ranch (D,E,SF,S) Nutfree/Jelly Sandwiches (G,CS,SBO,SF)& Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>TUESDAY Breakfast Scrambled Eggs (E, SBO, SL) Hash Browns Rice Krispies Toasted Oats (C,CS,G) Raisin Bran(CS,G) Oatmeal Packets (G) Sliced Fruit Canned Peaches(CS), Pears or Pineapple Adult/Vegetarian option</p>	<p>TUESDAY Trail Lunch Nutfree/Jelly Sandwiches (G,CS,SBO,SF)) Turkey & Cheese Sandwiches (G,CS,SBO,D) Bean & Cheese Rolls (D,G) + Ranch (D,E,SF,S) Fruit Potato Chips (P,SF,C) Animal Crackers (G,S,SO,CS) SNACK Trail Mix: cereal, raisins, chocolate chips & marshmallows (C,G,CS,SL,S,C) Adult sandwich bar available**</p>	<p>TUESDAY Dinner Appetizer: Corn Bread (C,G,D,E,SBO,SL) Orange Chicken (C,G,SBO,SL, E,S) Rice (SBO, SL) Corn (C) Rice Krispie Treats (CS,SBO,SL) Basic Salad on Table w/Ranch (D,E,SF,S) Nutfree/Jelly Sandwiches (G,CS,SBO,SF)) & Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>WEDNESDAY Breakfast Pancakes (C,D,E,G,S,SL,SBO,CS) Sausage (S) Rice Krispies Toasted Oats (C,CS,G) Raisin Bran (CS,G) Oatmeal Packets (G) Sliced Fruit Canned Peaches (CS), Pears or Pineapple Adult/Veggie option</p>	<p>WEDNESDAY Trail Lunch Nutfree/Jelly Sandwiches (G,CS,SBO,SF)) Turkey & Cheese Sandwiches (G,CS,SBO,D) Bean & Cheese Rolls (D,G) + Ranch (D,E,SF,S) Fruit Corn Chips (C) Graham Crackers (G, CS, SL) SNACK Trail Mix: cereal, raisins, chocolate chips & marshmallows (C,G,CS,SL,S,C) Adult sandwich bar available**</p>	<p>WEDNESDAY Dinner Appetizer: Honey Biscuit (G,D, SBO,SL) Cheese Pizza (D,G,S,T) Broccoli Chocolate Cookies (G, E,SBO, SL) Basic Salad on Table w/Ranch (D,E,SF,S) Nutfree/Jelly Sandwiches (G,CS,SBO,SF)& Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>THURSDAY Breakfast French Toast (C,D,S,SBO,SF,G) Bacon Rice Krispies Toasted Oats (C,CS,G) Raisin Bran (CS,G) Oatmeal Packets (G) Sliced Fruit Canned Peaches (CS), Pears or Pineapple Adult/Vegetarian option</p>	<p>THURSDAY Trail Lunch Nutfree/Jelly Sandwiches (G,CS,SBO,SF)) Turkey & Cheese Sandwiches (G,CS,SBO,D) Bean & Cheese Rolls (D,G) + Ranch (D,E,SF,S) Fruit Pretzels (G,CS) Banana/Pumpkin Bread (E,G,SBO,SL) SNACK Trail Mix: cereal, raisins, chocolate chips & marshmallows (C,G,CS,SL,S,C) Adult sandwich bar available**</p>	<p>THURSDAY Dinner COOKOUT Turkey Hot Dogs (CS), Bun (SBO, G, S, CS) Corn (C)/Potato Chips (P,SF,C) Fresh Fruit Celery / Carrots S'Mores (CS,SBO,G,C,SL,D) Nutfree/Jelly Sandwiches (G,CS,SBO,SF) Adult/Veggie option <u>Evening Snack Provided</u></p>
<p>FRIDAY Breakfast Scrambled Eggs (E, SBO, SL) Tator Tots (C,SBO, SL,SF) Yogurt (D,C),Granola (CS,G) Rice Krispies Toasted Oats (C,CS,G) Raisin Bran (CS,G) Oatmeal Packets (G) Sliced Fruit Canned Peaches (CS), Pears or Pineapple Adult/Vegetarian option</p>	<p>DEPARTURE DAY Lunch served on request Standard Trail Lunch OR Cheeseburger (S,D) and Bun (SBO, G, S, CS) Vegetable Soup (T,C) Chocolate Chip Cookies (E,G,SBO,SL) Water on Tables, Punch available Salad Bar and Sliced Fruit Bean & Cheese Rolls (D,G) + Ranch (D,E,SF,S) Nutfree /Jelly Sandwiches (G,CS,SBO,SF) Adult/Vegetarian option</p>	<p>ALLERGEN KEY:</p> <ul style="list-style-type: none"> • D=Dairy • C=Corn • CS=Corn Syrup • TN=Tree Nuts • S=Soy • SBO=Soy Bean Oil • G=Gluten • E=Egg • SF=Sunflower • T=Tomato • M=Sesame • SL=Soy Lechtin • P=Produced in a facility with peanuts