



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

<p>*Salad Bar: salad, 3 dressings, 12 rotating toppings.</p> <p>** Sandwich Bar: Turkey, Ham, Vegetarian Spread, 3 dressings plus 12 rotating add-ons.</p> <p>Breakfast: Milk(D)& Water on Tables, Orange Juice on Counter</p> <p>Dinner: Water on Tables, Punch available</p>	<p>ARRIVAL DAY Dining Hall Lunch</p> <p>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,SU,S) Nutfree/Jelly Sandwiches(G,CS,SBO,SF) SNACKTrail Mix: cereal, raisins, chocolate chips & marshmallows(C,G,CS,SL,S,C) Adult/Vegetarian option</p>	<p>MONDAY Dinner</p> <p>Appetizer: Honey Biscuit(G,D,SBO,SL) Mac&Cheesew/Hotdog Slices (D,G,SBO,CS) Baked Beans (C, SBO, SL) Peas Sugar Cookies (G, E, SBO, SL) Basic Salad on Table w/Ranch(D,E,SU,S) Nutfree/Jelly Sandwiches(G,CS,SBO,SF)& Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>TUESDAY Breakfast</p> <p>Scrambled Eggs(E, SBO, SL) Coffee Cake(G, E, D, SBO, SL) 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</p> <p>Nutfree/Jelly Sandwiches(G,CS,SBO,SF)) Bean & Cheese Rolls(D,G) + Ranch (D,E,SU,S) Fruit Potato Chips(P,SF,C) Animal Crackers(G,S,SO,CS) SNACKTrail Mix: cereal, raisins, chocolate chips & marshmallows(C,G,CS,SL,S,C) Adult sandwich bar available**</p>	<p>TUESDAY Dinner</p> <p>Appetizer: Garlic Bread(G,S,SBO, SL, CS) Spaghetti(G, SBO, SL) Marinara sauce(T) Meatballs (G, S, D, C) Corn (C) Oatmeal Cookies(E,G,SBO,SL) Basic Salad on Table w/Ranch(D,E,SU,S) Nutfree/Jelly Sandwiches(G,CS,SBO,SF)& Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>WEDNESDAY Breakfast</p> <p>Pancakes/ Waffles(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</p> <p>Turkey& Cheese Sandwiches(G,CS,SBO,D) Bean & Cheese Rolls(D,G) + Ranch (D,E,SU,S) Fruit Corn Chips(C) Graham Crackers (G, CS, SL) SNACKTrail Mix: cereal, raisins, chocolate chips & marshmallows(C,G,CS,SL,S,C) Adult sandwich bar available**</p>	<p>WEDNESDAY Dinner</p> <p>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,SU,S) Nutfree/Jelly Sandwiches(G,CS,SBO,SF)) & Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>THURSDAY Breakfast</p> <p>French Toast(C,D,S,SBO,SU,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</p> <p>Ham & Cheese Sandwiches(G,CS,SBO,D) Bean & Cheese Rolls(D,G) + Ranch (D,E,SU,S) Fruit Pretzels(G,CS) Banana/Pumpkin Bread(E,G,SBO,SL) SNACKTrail Mix: cereal, raisins, chocolate chips & marshmallows(C,G,CS,SL,S,C) Adult sandwich bar available**</p>	<p>THURSDAY Dinner</p> <p>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,SU,S) Nutfree/Jelly Sandwiches(G,CS,SBO,SF)& Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>FRIDAY Breakfast</p> <p>Scrambled Eggs(E, SBO, SL) & Tator Tots(C,SBO SL,SU) 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</p> <p>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,SU,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

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.



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Menu w/Cookout: Oct, April, May

<p>*Salad Bar: salad, 3 dressings, 12 rotating toppings.</p> <p>** Sandwich Bar: Turkey, Ham, Vegetarian Spread, 3 dressings plus 12 rotating add-ons.</p> <p>Beverages Breakfast: Milk(D)& Water on Tables, Orange Juice on Counter</p> <p>Beverages Dinner: Water on Tables, Punch available</p>	<p>ARRIVAL DAY Dining Hall Lunch</p> <p>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,SU,S) Nutfree/Jelly Sandwiches(G,CS,SBO,SF) SNACKTrail Mix: cereal, raisins, chocolate chips & marshmallows(C,G,CS,SL,S,C) Adult/Vegetarian option</p>	<p>MONDAY Dinner</p> <p>Appetizer: Garlic Bread(G,S,SBO, SL, CS) Spaghetti(G, SBO, SL) Marinara sauce(T) Meatballs (G, S, D, C) Corn (C) Oatmeal Cookies(E,G,SBO,SL) Basic Salad on Table w/Ranch(D,E,SU,S) Nutfree/Jelly Sandwiches(G,CS,SBO,SF)& Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>TUESDAY Breakfast</p> <p>Scrambled Eggs(E, SBO, SL) Coffee Cake(G, E, D, SBO, SL) 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</p> <p>Nutfree/Jelly Sandwiches(G,CS,SBO,SF)) Bean & Cheese Rolls(D,G) + Ranch (D,E,SU,S) Fruit Potato Chips(P,SF,C) Animal Crackers(G,S,SO,CS) SNACKTrail Mix: cereal, raisins, chocolate chips & marshmallows(C,G,CS,SL,S,C) Adult sandwich bar available**</p>	<p>TUESDAY Dinner</p> <p>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,SU,S) Nutfree/Jelly Sandwiches(G,CS,SBO,SF)) & Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>WEDNESDAY Breakfast</p> <p>Pancakes/ Waffles(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</p> <p>Turkey& Cheese Sandwiches(G,CS,SBO,D) Bean & Cheese Rolls(D,G) + Ranch (D,E,SU,S) Fruit Corn Chips(C) Graham Crackers (G, CS, SL) SNACKTrail Mix: cereal, raisins, chocolate chips & marshmallows(C,G,CS,SL,S,C) Adult sandwich bar available**</p>	<p>WEDNESDAY Dinner</p> <p>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,SU,S) Nutfree/Jelly Sandwiches(G,CS,SBO,SF)& Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>THURSDAY Breakfast</p> <p>French Toast(C,D,S,SBO,SU,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</p> <p>Ham & Cheese Sandwiches(G,CS,SBO,D) Bean & Cheese Rolls(D,G) + Ranch (D,E,SU,S) Fruit Pretzels(G,CS) Banana/Pumpkin Bread(E,G,SBO,SL) SNACKTrail Mix: cereal, raisins, chocolate chips & marshmallows(C,G,CS,SL,S,C) Adult sandwich bar available**</p>	<p>THURSDAY Dinner</p> <p>COOKOUT Turkey Hot Dogs(CS), Bun (SBO, G, S, CS) Corn (C)/Potato Chips (P,SU,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</p> <p>Scrambled Eggs(E, SBO, SL) & Tator Tots(C,SBO SL,SU) 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</p> <p>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,SU,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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