



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 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, SU, 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) Mac&Cheese w/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 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 Nutfree/Jelly Sandwiches (G, CS, SBO, SF) Turkey & Cheese Sandwiches (G, CS, SBO, D) Bean & Cheese Rolls (D, G) + Ranch (D, E, SU, 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, SU, S) Nutfree/Jelly Sandwiches (G, CS, SBO, SF) & Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>WEDNESDAY Breakfast 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 Nutfree/Jelly Sandwiches (G, CS, SBO, SF) 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) 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, SU, 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, 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 Nutfree/Jelly Sandwiches (G, CS, SBO, SF) Turkey & 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) 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, SU, S) Nutfree/Jelly Sandwiches (G, CS, SBO, SF) & Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>FRIDAY Breakfast 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 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:) D=Dairy) E=Egg) C=Corn) SF=Sunflower) CS=Corn Syrup) T=Tomato) TN=Tree Nuts) M=Sesame) S=Soy) SL=Soy Lechtin) SBO=Soy Bean) P=Produced in a facility with Oil) peanuts) G=Gluten</p>



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Menu w/Cookout: 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,SU,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,SU,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) 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 Nutfree/Jelly Sandwiches (G,CS,SBO,SF)) Turkey & Cheese Sandwiches (G,CS,SBO,D) Bean & Cheese Rolls (D,G) + Ranch (D,E,SU,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,SU,S) Nutfree/Jelly Sandwiches (G,CS,SBO,SF)) & Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>														
<p>WEDNESDAY Breakfast 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 Nutfree/Jelly Sandwiches (G,CS,SBO,SF)) 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) 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,SU,S) Nutfree/Jelly Sandwiches (G,CS,SBO,SF)& Salad Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>														
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<p>FRIDAY Breakfast 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 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: <table style="width:100%; border:none;"> <tr> <td>) D=Dairy</td> <td>) E=Egg</td> </tr> <tr> <td>) C=Corn</td> <td>) SF=Sunflower</td> </tr> <tr> <td>) CS=Corn Syrup</td> <td>) T=Tomato</td> </tr> <tr> <td>) TN=Tree Nuts</td> <td>) M=Sesame</td> </tr> <tr> <td>) S=Soy</td> <td>) SL=Soy Lechtin</td> </tr> <tr> <td>) SBO=Soy Bean Oil</td> <td>) P=Produced in a facility with peanuts</td> </tr> <tr> <td>) G=Gluten</td> <td></td> </tr> </table> </p>) D=Dairy) E=Egg) C=Corn) SF=Sunflower) CS=Corn Syrup) T=Tomato) TN=Tree Nuts) M=Sesame) S=Soy) SL=Soy Lechtin) SBO=Soy Bean Oil) P=Produced in a facility with peanuts) G=Gluten	
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First Day Lunch Maximizer

Bean and Cheese Rolls	Bean and Cheese Rolls	Bean and Cheese Rolls	Sliced Oranges	Sliced Apples	Canned Fruit	Spread and Jelly	Spread and Jelly	Spread and Jelly
Salad		Salad	Salad Topping	Salad Topping	Salad Topping	Covered	Covered	Covered
			Salad Topping	Salad Topping	Salad Topping	Covered	Covered	Covered

Dinner Maximizer

Bean and Cheese Rolls	Bean and Cheese Rolls	Bean and Cheese Rolls	Sliced Oranges	Sliced Apples	Canned Fruit	Spread and Jelly	Spread and Jelly	Spread and Jelly
Salad		Salad	Salad Topping	Salad Topping	Salad Topping	Salad Topping	Salad Topping	Salad Topping
			Salad Topping	Salad Topping	Salad Topping	Salad Topping	Salad Topping	Salad Topping

Breakfast Maximizer

Oatmeal		Cereal	Cereal	Cereal	Bowls and Spoons			
Sliced Oranges	Sliced Apples	Canned Fruit	Covered	Covered	Covered	Covered	Covered	Covered
			Covered	Covered	Covered	Covered	Covered	Covered

Lunch Maximizer

Bean and Cheese Rolls	Sliced Cheese	Bean Spread	Orange Chicken	Ham	Turkey	Bread and Tortillas		
Salad		Salad	Salad Topping	Salad Topping	Salad Topping	Sandwich Topping	Sandwich Topping	Sandwich Topping
			Salad Topping	Salad Topping	Salad Topping	Sandwich Topping	Sandwich Topping	Dressing Bottles



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Adult Options

B	L	D	STUDENT MENU	WEEK ONE	WEEK TWO	WEEK THREE
T			Scrambled Eggs Coffee Cake	Scrambled Eggs, Bacon and Toast	Fried Eggs, Bacon and Toast	Frittata, Bacon and Toast
W			Pancakes Sausage	Muffins, Yogurt, Toppings, Fried Ham	Oatmeal Bar, Fried Ham	Breakfast Rolls, Fried Ham
R			Scrambled Eggs Tator Tots	French Toast Casserole	Egg and Potato Casserole	Adult Pancakes
F			French Toast Bacon	Egg and Cheese Muffin	Eggs, Biscuits, Gravy	Breakfast Burrito Bar
	M		Chicken Nuggets Chili	Soup and Sandwich	Soup and Quesadilla	Soup and Grilled Sandwich
	F		Cheeseburgers	Kitchen Choice	Kitchen Choice	Kitchen Choice
		M	Macaroni & Cheese Baked Beans Peas Honey Biscuit	Burrito Bar	Burger Bar	Sweet Potato Nachos
		T	Spaghetti with marinara Meatballs Broccoli Garlic Bread	Lasagna Baked Rolls	Spinach Pesto / Garlic and Oil Pasta Add Ons	Cabbage Rolls, Rice
		W	Orange Chicken Rice Peas Corn bread	Stir Fry	Curry, Chicken, Vegetables and Rice Naan Bread	Meatloaf, Potatoes
		R	Cheese pizza Broccoli Honey Biscuit/Garlic Bread	Adult Pizza	Italian Pinwheel	Enchilada Bake