



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

<p>NOTE: this menu and the carb counts are only a guide – there may be slight changes in the menu and carb counts should be done based upon what food is actually being eaten. Salad Bar Toppings: calculate salad and toppings individually per student. Vegetarian or Gluten Free Dish: calculate individually per student.</p>		<p>ARRIVAL DAY Dining Hall Lunch</p> <p>Chicken Nuggets (6 nuggets/4.26 oz=13g) Chili (1 bowl/6 fl oz=44g) Chocolate Chip Cookies (1 piece=17g) Water on Tables, Punch (1 8oz cup=21g) Ranch (1 tbsp=1g) Nut Free/Jelly Sandwiches (1/2 sandwich=22g) Bean & Cheese Wraps (1 wrap=30g) Trail Mix: cereal, raisins, chocolate chips & marshmallows(1 handful/1 oz=42g)</p>	<p>MONDAY Dinner</p> <p>Appetizer: Honey Biscuit (1 piece=18g) Quesadilla with Beans (2 pcs=27g) Mexican Rice & Beans (1 scoop/3oz=20g) Green Beans (1 scoop/2oz=3g) Sugar Cookies (1 piece=14g) Spinach (1/2 cup/0.5 oz=0.5g) Ranch (1 tbsp=1g) Water on Tables, Punch (1 8oz cup=21g) Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls (1 wrap=30g) Sliced Apples (4 slices=10g) Sliced Oranges (4 slices=8g)</p>
<p>TUESDAY Breakfast</p> <p>Scrambled Eggs (1 scoop/4oz=2g) Hash Browns (1 scoop/3oz=15g) Rice Krispies(1 cup/1oz=26g) Cheerios (1 cup/1oz=23g) Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, MBS=32g, CS=32g, AC=33g) Canned Peaches(1/4 cup/2oz=7g) Pineapple(1/4 cup/3oz=11g) Apples (4 slices=10g) Oranges (4 slices=8g) Milk(1 8oz cup=13g) Orange Juice (1 8oz cup=27g)</p>	<p>TUESDAY Trail Lunch</p> <p>Nut Free/Jelly Sandwiches (1 sandwich=43g) Turkey & Cheese Sandwich (1 sandwich=28g) Bean & Cheese Rolls (1 wrap=30g) Apple (1=20g) Orange (1=15g) Trail Mix: cereal, raisins, chocolate chips & marshmallows(1 handful/1oz=42g) Potato Chips(1 handful/1.2oz=18g) Animal Crackers(1 handful/1oz=22g) *Earthworks cookie (1 piece=19g)</p>	<p>TUESDAY Dinner</p> <p>Appetizer: Garlic Bread (1 piece=7g) Spaghetti with Sauce (1 scoop/4oz=48g) Meatballs (6 meatballs/3oz=8g) Corn (1 scoop/3oz=16g) Oatmeal Cookies (1 piece=13g) Spinach (1/2 cup/0.5 oz=0.5g) Ranch (1 tbsp=1g) Water on Tables, Punch (1 8oz cup=21g) Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls (1 wrap=30g) Apples (4 slices=10g) Oranges (4 slices=8g)</p>	
<p>WEDNESDAY Breakfast</p> <p>Pancakes(2 pancakes/3.6 oz=38g) Syrup (???tbsp=??g) Sausage (3 sausages/2.4oz=0g) Rice Krispies(1 cup/1oz=26g) Cheerios (1 cup/1oz=23g) Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, MBS=32g, CS=32g, AC=33g) Canned Peaches(1/4 cup/2oz=7g) Pineapple(1/4 cup/3oz=11g) Apples (4 slices=10g) Oranges (4 slices=8g) Milk(1 8oz cup=13g) Orange Juice (1 8oz cup=27g)</p>	<p>WEDNESDAY Trail Lunch</p> <p>Nut Free/Jelly Sandwiches (1 sandwich=43g) Turkey & Cheese Sandwich (1 sandwich=28g) Bean & Cheese Rolls (1 wrap=30g) Apple (1=20g) Orange (1=15g) Trail Mix: cereal, raisins, chocolate chips & marshmallows(1 handful/1oz=42g) Corn Chips(1 handful/1.2oz=19g) Graham Crackers (1 piece/1oz=21g) *Earthworks cookie (1 piece=19g)</p>	<p>WEDNESDAY Dinner</p> <p>Appetizer: Corn Bread(1 piece=21g) Orange Chicken (1 scoop/5oz=26g) Rice(1 scoop/3oz=22g) Broccoli(1 scoop/2oz=4g) Rice Krispie Treats(1 piece=23g) Spinach (1/2 cup/0.5 oz=0.5g) Ranch (1 tbsp=1g) Water on Tables, Punch (1 8oz cup=21g) Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls (1 wrap=30g) Apples (4 slices=10g) Oranges (4 slices=8g)</p>	
<p>THURSDAY Breakfast</p> <p>Scrambled Eggs (1 scoop/4oz=2g) Tater Tots(1 scoop/3oz=15g) Rice Krispies(1 cup/1oz=26g) Cheerios (1 cup/1oz=23g) Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, MBS=32g, CS=32g, AC=33g) Canned Peaches(1/4 cup/2oz=7g) Pineapple(1/4 cup/3oz=11g) Apples (4 slices=10g) Oranges (4 slices=8g) Milk(1 8oz cup=13g) Orange Juice (1 8oz cup=27g)</p>	<p>THURSDAY Trail Lunch</p> <p>Nut Free/Jelly Sandwiches (1 sandwich=43g) Turkey & Cheese Sandwich (1 sandwich=28g) Bean & Cheese Rolls (1 wrap=30g) Apple (1=20g) Orange (1=15g) Trail Mix: cereal, raisins, chocolate chips & marshmallows(1 handful/1oz=42g) Pretzels(1 handful/1.2oz=28g) Pumpkin Bread(1 piece=21g) *Earthworks cookie (1 piece=19g)</p>	<p>THURSDAY Dinner</p> <p>Appetizer: Honey Biscuit(1 piece=18g) Cheese Pizza(4 slices=56g) Peas (1 scoop/3oz=8g) Chocolate Cookies (1 piece=15g) Spinach (1/2 cup/0.5 oz=0.5g) Ranch (1 tbsp=1g) Water on Tables, Punch (1 8oz cup=21g) Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls (1 wrap=30g) Apples (4 slices=10g) Oranges (4 slices=8g)</p>	
<p>FRIDAY Breakfast</p> <p>French Toast(1.5 slices/3.75oz=30g) Syrup (tbsp=3g) Bacon (3 pieces=0g) Strawberry Yogurt (1/4 cup/2oz=10g) Granola (1/3cup=22g) Rice Krispies(1 cup/1oz=26g) Cheerios (1 cup/1oz=23g) Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, MBS=32g, CS=32g, AC=33g) Canned Peaches(1/4 cup/2oz=7g) Pineapple(1/4 cup/3oz=11g) Apples (4 slices=10g) Oranges (4 slices=8g) Milk(1 8oz cup=13g) Orange Juice (1 8oz cup=27g)</p>	<p>DEPARTURE DAY Lunch served on request</p> <p>Standard Trail Lunch OR Cheeseburger (1 each=32g) Vegetable Soup (????c=??g) Chocolate Chip Cookies (1 piece=17g) Water on Tables, Punch (1 8oz cup=21g) Ranch (1 tbsp=1g) Nut Free/Jelly Sandwiches (1/2 sandwich=22g) Bean & Cheese Wraps (1 wrap=30g)</p>	<p>NIGHT SNACKS</p> <p>Ritz Crackers (1 handful/1 oz=9g) Nilla Wafers (1 handful/1 oz=21g) Baby Carrots (4 carrots/2oz=5g)</p>	

*Only applies if Earth Works is scheduled that day



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Menu w/Cookout: CARB COUNT

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<p>TUESDAY Breakfast Scrambled Eggs (1 scoop/4oz=2g) Hash Browns (1 scoop/3oz=15g) Rice Krispies(1 cup/1oz=26g) Cheerios (1 cup/1oz=23g) Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, MBS=32g, CS=32g, AC=33g) Canned Peaches(1/4 cup/2oz=7g) Pineapple(1/4 cup/3oz=11g) Apples (4 slices=10g) Oranges (4 slices=8g) Milk(1 8oz cup=13g) Orange Juice (1 8oz cup=27g)</p>	<p>TUESDAY Trail Lunch Nut Free/Jelly Sandwiches (1 sandwich=43g) Turkey & Cheese Sandwich (1 sandwich=28g) Bean & Cheese Rolls (1 wrap=30g) Apple (1=20g) Orange (1=15g) Trail Mix: cereal, raisins, chocolate chips & marshmallows(1 handful/1oz=42g) Potato Chips(1 handful/1.2oz=18g) Animal Crackers(1 handful/1oz=22g) *Earthworks cookie (1 piece=19g)</p>	<p>TUESDAY Dinner Appetizer: Corn Bread(1 piece=21g) Orange Chicken (1 scoop/5oz=26g) Rice(1 scoop/3oz=22g) Broccoli(1 scoop/2oz=4g) Rice Krispie Treats(1 piece=23g) Spinach (1/2 cup/0.5 oz=0.5g) Ranch (1 tbsp=1g) Water on Tables, Punch (1 8oz cup=21g) Nut Free/Jelly Sandwiches (1/2=22g) Bean & Cheese Rolls (1 wrap=30g) Apples (4 slices=10g) Oranges (4 slices=8g)</p>
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<p>FRIDAY Breakfast French Toast(1.5 slices/3.75oz=30g) Syrup (tbsp=g) Bacon (3 pieces=0g) Strawberry Yogurt (1/4 cup/2oz=10g) Granola (1/3cup=22g) Rice Krispies(1 cup/1oz=26g) Cheerios (1 cup/1oz=23g) Raisin Bran(1 cup/2oz=45g) Oatmeal Packs (O=19g, MBS=32g, CS=32g, AC=33g) Canned Peaches(1/4 cup/2oz=7g) Pineapple(1/4 cup/3oz=11g) Apples (4 slices=10g) Oranges (4 slices=8g) Milk(1 8oz cup=13g) Orange Juice (1 8oz cup=27g)</p>	<p>DEPARTURE DAY Lunch served on request Standard Trail Lunch OR Cheeseburger (1 each=32g) Vegetable Soup (???c=???) Chocolate Chip Cookies (1 piece=17g) Water on Tables, Punch (1 8oz cup=21g) Ranch (1 tbsp=1g) Nut Free/Jelly Sandwiches (1/2 sandwich=22g) Bean & Cheese Wraps (1 wrap=30g)</p>	<p>NIGHT SNACKS Ritz Crackers (1 handful/1 oz=9g) Nilla Wafers (1 handful/1 oz=21g) Baby Carrots (4 carrots/2oz=5g)</p>