



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 & Snack Bar: Salad, Ranch dressing (D), 12 toppings (D, C). Nutfree/Jelly Sandwiches, Bean & Cheese Rolls, Sliced Oranges & Apples.</p> <p>** Adult Sandwich Bar: Meat, Cheese, Vegetarian Spread (M), Condiments, 12 toppings.</p> <p>Breakfast: Milk (D) & Water on Tables, Orange Juice on Counter.</p> <p>Dinner: Water on Tables, punch available</p> <p>Dietary: We provide vegetarian, 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</p> <p>Chicken Nuggets (C, G, SBO, SL) Chili (T, SBO, SL) Chocolate Chip Cookies (E, G, D, SBO, SL) Salad Bar and Sliced Fruit Bean & Cheese Rolls (D, G, SBO, E, SF) Nutfree/Jelly Sandwiches (G, CS, S, SBO, SL) SNACK Trail Mix: cereal, raisins, chocolate chips & marshmallows (G, D, CS, C) Adult/Vegetarian option</p>	<p>MONDAY Dinner</p> <p>Appetizer: Honey Biscuit (G, D, SBO, SL) Quesadilla with Beans (D, G, SBO, SL) Mexican Rice & Beans (SBO, SL) Green Beans Sugar Cookies (G, D, E, SBO, SL) Basic Salad on Table w/Ranch (SBO, D, E, SF) Salad & Snack Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>TUESDAY Breakfast</p> <p>Scrambled Eggs (E, SBO, SL) Hash Browns Rice Krispies Toasted Oats (C, G) Raisin Bran (G, CS) Oatmeal Packets (G) Sliced Apples and Oranges Canned Pineapple or Peaches Adult/Vegetarian option</p>	<p>TUESDAY Trail Lunch</p> <p>Turkey & Cheese Sandwiches (G, CS, SBO, SL, D) Bean & Cheese Rolls (D, G, E, SF) Nutfree/Jelly Sandwiches (G, CS, S, SBO, SL) SNACK Trail Mix: cereal, raisins, chocolate chips & marshmallows (G, D, CS, C) Fruit Potato Chips (SF, C) Animal Crackers (G, SBO, CS, SL) Adult sandwich bar available**</p>	<p>TUESDAY Dinner</p> <p>Appetizer: Garlic Bread (G, CS, D, SBO, SL) Spaghetti w/Marinara Sauce (T, G, SBO, SL) Meatballs (G, CS, C, M, S, D, E) Corn (C) Oatmeal Cookies (E, G, D, SBO, SL) Basic Salad on Table w/Ranch (SBO, D, E, SF) Salad & Snack Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>WEDNESDAY Breakfast</p> <p>Pancakes (G, SBO, SL, E, D, C) + Syrup (CS) Sausage (S, CS) Rice Krispies Toasted Oats (C, G) Raisin Bran (G, CS) Oatmeal Packets (G) Sliced Apples and Oranges Canned Pineapple or Peaches Adult/Vegetarian option</p>	<p>WEDNESDAY Trail Lunch</p> <p>Turkey & Cheese Sandwiches (G, CS, SBO, SL, D) Bean & Cheese Rolls (D, G, SBO, E, SF) Nutfree/Jelly Sandwiches (G, CS, S, SBO, SL) SNACK Trail Mix: cereal, raisins, chocolate chips & marshmallows (G, D, CS, C) Fruit Corn Chips (C) Graham Crackers (G, CS, CL) Adult sandwich bar available**</p>	<p>WEDNESDAY Dinner</p> <p>Appetizer: Corn Bread (C, G, D, E, SBO, SL) Orange Chicken (C, G, SBO, E, S, SL) Rice (SBO, SL) Broccoli Rice Krispie Treats (CS, C, D, SBO, SL) Basic Salad on Table w/Ranch (SBO, D, E, SF) Salad & Snack Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>THURSDAY Breakfast</p> <p>Scrambled Eggs (E, SBO, SL) Tater Tots (SBO, SF, SL) Rice Krispies Toasted Oats (C, G) Raisin Bran (G, CS) Oatmeal Packets (G) Sliced Apples and Oranges Canned Pineapple or Peaches Adult/Vegetarian option</p>	<p>THURSDAY Trail Lunch</p> <p>Turkey & Cheese Sandwiches (G, CS, SBO, SL, D) Bean & Cheese Rolls (D, G, SBO, E, SF) Nutfree/Jelly Sandwiches (G, CS, S, SBO, SL) SNACK Trail Mix: cereal, raisins, chocolate chips & marshmallows (G, D, CS, C) Fruit Pretzels (G, CS, C, SBO) Banana/Pumpkin Bread (E, G, D, SBO, SL) Adult sandwich bar available**</p>	<p>THURSDAY Dinner</p> <p>Appetizer: Honey Biscuit (G, D, SBO, SL) Cheese Pizza (G, CS, SBO, T, D, C) Peas Chocolate Cookies (G, E, SBO, SL, D, CS) Basic Salad on Table w/Ranch (SBO, D, E, SF) Salad & Snack Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>
<p>FRIDAY Breakfast</p> <p>French Toast (G, CS, SBO, C, D, E) + Syrup (CS) Bacon Yogurt (D, C) + Granola (C, G) Rice Krispies Toasted Oats (C, G) Raisin Bran (G, CS) Oatmeal Packets (G) Sliced Apples and Oranges Canned Pineapple or Peaches Adult/Vegetarian option</p>	<p>DEPARTURE DAY Lunch served on request</p> <p>Standard Trail Lunch OR Cheeseburger (G, CS, SBO, SL, D) Vegetable Soup (T, C) Chocolate Chip Cookies (E, G, D, SBO, SL) Water on Tables, Punch available Salad Bar and Sliced Fruit Bean & Cheese Rolls (D, G, SBO) + Ranch (SBO, D, E, SF) Nutfree/Jelly Sandwiches (G, CS, S, SBO, SL) Adult/Vegetarian option</p>	<p>ALLERGEN KEY:</p> <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) P=Produced in a facility with Oil peanuts) G=Gluten</p>



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

<p>*Salad & Snack Bar: Salad, Ranch dressing (D), 12 toppings (D, C). Nutfree/Jelly Sandwiches, Bean & Cheese Rolls, Sliced Oranges & Apples.</p> <p>** Adult Sandwich Bar: Meat, Cheese, Vegetarian Spread, Condiments, 12 toppings.</p> <p>Breakfast: Milk (D) & Water on Tables, Orange Juice on Counter.</p> <p>Dinner: Water on Tables, punch available</p> <p>Dietary: We provide vegetarian, 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</p> <p>Chicken Nuggets (C, G, SBO, SL) Chili (T, SBO, SL) Chocolate Chip Cookies (E, G, D, SBO, SL) Salad Bar and Sliced Fruit Bean & Cheese Rolls (D, G, SBO, E, SF) Nutfree/Jelly Sandwiches (G, CS, S, SBO, SL) SNACK Trail Mix: cereal, raisins, chocolate chips & marshmallows (G, D, CS, C) Adult/Vegetarian option</p>	<p>MONDAY Dinner</p> <p>Appetizer: Garlic Bread (G, CS, D, SBO, SL) Spaghetti w/Marinara Sauce (T, G, SBO, SL) Meatballs (G, CS, C, M, S, D, E) Corn (C) Oatmeal Cookies (E, G, D, SBO, SL) Basic Salad on Table w/Ranch (SBO, D, E, SF) Salad & Snack Bar* Adult/Vegetarian option <u>Evening Snack Provided</u></p>														
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