



# High Trails

*Understanding how we can all fit together on one healthy planet*

POST OFFICE BOX 2640  
BIG BEAR CITY, CA 92314  
TELEPHONE/FAX: 800 428-1851  
WWW.HIGHTRAILS.COM

## Menu: CARB COUNT

<b>NOTE:</b> 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. <b>Salad Bar Toppings:</b> calculate salad and toppings individually per student. <b>Vegetarian or Gluten Free Dish:</b> calculate individually per student.			<b>ARRIVAL DAY</b> BBQ Chicken (2oz = 30g) + Bun (38g) Chocolate Chip Cookies (1piece=17g) Water on Tables, Punch (1 8oz cup=21g) Ranch (1 tbsp=1g) Nut Free/Jelly Sandwiches (1/2 sandwich=34g) Bean & Cheese Wraps (1 wrap=30g) Trail Mix: cereal, raisins, chocolate chips & marshmallows (1 handful/1 oz=42g)	<b>Dining Hall Lunch</b>	<b>MONDAY</b> Appetizer: Honey Biscuit (1 piece=18g) Chicken Nuggets (6 nuggets/4.26 oz=13g) Macaroni & Cheese (2oz = 41g) Watermelon (286g/l wedge = 21g carbs) Sugar Cookies (1 piece=14g) Spinach (1/2 cup/0.5 oz=0.5g) Ranch (1 tbsp=1g) Water on Tables, Lemonade (1 8oz cup=21g) Nut Free/Jelly Sandwiches (1/2=34g) Bean & Cheese Rolls (1 wrap=30g) Sliced Apples (4 slices=10g) Sliced Oranges (4 slices=8g)	<b>Dinner</b>
<b>TUESDAY</b> 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)	<b>Breakfast</b>	<b>TUESDAY</b> Nut Free/Jelly Sandwiches (1 sandwich=68g) Ham & Cheese Sandwich (1 sandwich=35g) Turkey & Cheese Sandwich (1 sandwich=33g) Bean & Cheese Rolls (1wrap=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)	<b>Trail Lunch</b>	<b>TUESDAY</b> Appetizer: Garlic Bread (1 piece=7g) Spaghetti with Sauce (1 scoop/4oz=48g) Meatballs (6 meatballs/3oz=8g) Green Beans (1/2 cup = 4g) Oatmeal Cookies (1 piece=13g) Spinach (1/2 cup/0.5 oz=0.5g) Ranch (1 tbsp=1g) Water on Tables, Lemonade (1 8oz cup=21g) Nut Free/Jelly Sandwiches (1/2=34g) Bean & Cheese Rolls (1 wrap=30g) Apples (4 slices=10g) Oranges (4 slices=8g)	<b>Dinner</b>	
<b>WEDNESDAY</b> Pancakes (2 pancakes/3.2oz=35g) Syrup (2tbsp=26g) 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)	<b>Breakfast</b>	<b>WEDNESDAY</b> Nut Free/Jelly Sandwiches (1 sandwich=68g) Ham & Cheese Sandwich (1 sandwich=35g) Turkey & Cheese Sandwich (1 sandwich=33g) 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)	<b>Trail Lunch</b>	<b>WEDNESDAY</b> 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, Lemonade (1 8oz cup=21g) Nut Free/Jelly Sandwiches (1/2=34g) Bean & Cheese Rolls (1 wrap=30g) Apples (4 slices=10g) Oranges (4 slices=8g)	<b>Dinner</b>	
<b>THURSDAY</b> 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)	<b>Breakfast</b>	<b>THURSDAY</b> Nut Free/Jelly Sandwiches (1 sandwich=68g) Ham & Cheese Sandwich (1 sandwich=35g) Turkey & Cheese Sandwich (1 sandwich=33g) 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) Banana Bread (1piece=26g) *Earthworks cookie (1 piece=19g)	<b>Trail Lunch</b>	<b>THURSDAY</b> 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, Lemonade (1 8oz cup=21g) Nut Free/Jelly Sandwiches (1/2=34g) Bean & Cheese Rolls (1 wrap=30g) Apples (4 slices=10g) Oranges (4 slices=8g)	<b>Dinner</b>	
<b>FRIDAY</b> French Toast (2 pieces/5oz=64g) Syrup (2tbsp=26g) Bacon (3 pieces=0g) Strawberry Yogurt (1/4 cup/2oz=10g) Granola (1/3cup=22g) Syrup (2tbsp=25g) 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)	<b>Breakfast</b>	<b>DEPARTURE DAY Lunch served on request</b> <b>Standard Trail Lunch OR</b> Turkey Hot Dog and Bun (1 hot dog in bun =26g/ hot dog alone=4g) Vegetable Soup (1c=15g)** Chocolate Chip Cookies (1 piece=17g) Water on Tables, Lemonade (1 8oz cup=21g) Ranch (1 tbsp=1g) Nut Free/Jelly Sandwiches (1/2 sandwich=34g) Bean & Cheese Wraps (1 wrap=30g)		<b>NIGHT SNACKS</b> Ritz Crackers (1handful/1 oz=9g) Nilla Wafers (1 handful/1 oz=21g) Baby Carrots (4 carrots/2oz=5g)		
		**Average number; should double check with kitchen before serving				

\*Only applies if Earth Works is scheduled that day



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## Menu w/Cookout: CARB COUNT

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<b>TUESDAY</b> <b>Breakfast</b> 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)	<b>TUESDAY</b> <b>Trail Lunch</b> Nut Free/Jelly Sandwiches (1 sandwich=68g) Ham &Cheese Sandwich (1 sandwich=35g) Turkey & Cheese Sandwich (1 sandwich=33g) 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)	<b>TUESDAY</b> <b>Dinner</b> Appetizer: Garlic Bread (1 piece=7g) Spaghetti with Sauce (1 scoop/4oz=48g) Meatballs (6 meatballs/3oz=8g) Green Beans (1/2 cup = 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)	
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<b>FRIDAY</b> <b>Breakfast</b> French Toast (2 pieces/5oz=64g) Syrup (2tbsp=26g) Bacon (3 pieces=0g) Syrup (2tbsp=25g) 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)	<b>DEPARTURE DAY</b> <b>Lunch served on request</b> <b>Standard Trail Lunch OR</b> Cheeseburger(1 each=32g) Vegetable Soup (1c=15g)** 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=34g) Bean & Cheese Wraps(1 wrap=30g)  **Average number; should double check with kitchen before serving	<b>NIGHT SNACKS</b> Ritz Crackers (1 handful/1 oz=9g) Nilla Wafers (1 handful/1 oz=21g) Baby Carrots (4 carrots/2oz=5g)	

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