



High Trails

Understanding how we can all fit together on one healthy planet

POST OFFICE BOX 2640
BIG BEAR CITY, CA 92314
TELEPHONE/FAX: 800 438-1851
WWW.HIGHTRAILS.COM

Menu

SUMMARY		MONDAY <i>Dinner</i>	
<p>Breakfast and Dinner are served in the Dining Hall. Lunches are picnic lunches.</p> <p>Dietary Restrictions: 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. Please contact us to let us know if you need these accommodations and for more details.</p> <p>** Adult Sandwich Bar: Meat, Cheese, Vegetarian Spread(M), Condiments, 12 toppings.</p>		<p>Dinner Salad & Snack Bar: Spinach and Lettuce Salad, Ranch dressing (SBO,D, E), Various 12 Toppings(D, C), Nutfree/Jelly Sandwiches, Bean & Cheese Rolls, Sliced Oranges & Apples, Pineapple or Peaches.</p> <p>Beverages: Breakfast: Water on tables, Orange Juice and Milk (D) on counter. Lunch: Students carry their own water bottles. Instructor has water refills. Dinner: Water on tables, Lemonade on counter.</p>	
TUESDAY <i>Breakfast</i>	ARRIVAL DAY <i>Dining Hall Lunch</i>	TUESDAY <i>Dinner</i>	TUESDAY <i>Dinner</i>
<p>Scrambled Eggs(E, SBO, SL) – 1 scoop Tater Tots (SBO,SF,SL) – 1 scoop/6 pieces Rice Krispies (G) Toasted Oats (C,G) Raisin Bran(G,CS) Oatmeal Packets(G) Strawberry or Vanilla Yogurt (D) Sliced Apples and Oranges Canned Pineapple or Peaches Adult/Vegetarian option</p>	<p>Hamburger (B), Cheese (D), Bun (G) – 1 sandwich Chocolate Chip Cookies (E,G,D, SBO,SL) - 1 piece Bean & Cheese Rolls (D,G,SBO,E) Nutfree/Jelly Sandwiches (G,CS,S,SBO,SL) Potato Chips Fruit Adult/Vegetarian option</p> <p>SNACK: Trail Mix: cereal, raisins, chocolate chips & marshmallows (G,D,CS,C,P,SL) Cheez-Its</p>	<p>Appetizer: Honey Biscuit(G,D, SBO,SL) – 1 piece Macaroni and Cheese (G,D,SBO,SF) – 1 scoop Chicken Nuggets – (C, G,SBO, SL) 4 pieces Watermelon – 1 piece Snickerdoodle Cookies (G,E,SBO,SL) – 1 piece Basic Salad on Table w/Ranch (SBO,D,E) Salad & Snack Bar* Adult/Vegetarian option</p> <p>EVENING SNACK: Baby Carrots and Vanilla Wafers (G, D, CS, SBO, SL) or Buttery Crackers (G, CS, SBO, SL).</p>	<p>Appetizer: Corn Bread(C,G,D,E,SBO,SL) – 1 piece Orange Chicken (G, E, S, SBO) – 1 scoop Rice – 1 scoop Broccoli – 1 scoop Rice Krispie Treats(G,CS,C,SBO,SL,P) – 1 piece Basic Salad on Table w/Ranch (SBO, D,E) Salad & Snack Bar* Adult/Vegetarian option</p> <p>EVENING SNACK: Baby Carrots and Vanilla Wafers (G, D, CS, SBO, SL) or Buttery Crackers (G, CS, SBO, SL).</p>
WEDNESDAY <i>Breakfast</i>	TUESDAY & WEDNESDAY <i>Trail Lunch</i>	WEDNESDAY <i>Dinner</i>	WEDNESDAY <i>Dinner</i>
<p>Pancakes (G,SBO,SL,E,D) – 2 pieces Syrup (CS) Turkey Sausage (S,CS) – 1 piece Rice Krispies (G) Toasted Oats (C,G) Raisin Bran(G,CS) Oatmeal Packets(G) Strawberry or Vanilla Yogurt (D) Sliced Apples and Oranges Canned Pineapple or Peaches Adult/Vegetarian option</p>	<p>Turkey & Cheese Sandwich (G, CS, SBO, SL, D, P) Bean & Cheese Rolls (D,G,SBO,E) Nutfree/Jelly Sandwiches (G,CS,S,SBO,SL) ** Adult Sandwich Bar</p> <p>SNACKS: Trail Mix: cereal, raisins, chocolate chips & marshmallows (G,D,CS,C,P, SL) Fruit Corn Chips (C) or Potato Chips Graham Crackers (G,CS,CL)</p>	<p>Appetizer: Honey Biscuit(G,D, SBO,SL) – 1 piece Cheese Pizza(G,CS,SBO,D,C) – 2 pieces Peas – 1 scoop Chocolate Cookies (G,E,SBO,SL,D,CS) – 1 piece Basic Salad on Table w/Ranch (SBO D,E) Salad & Snack Bar* Adult/Vegetarian option</p> <p>EVENING SNACK: Baby Carrots and Vanilla Wafers (G, D, CS, SBO, SL) or Buttery Crackers (G, CS, SBO, SL).</p>	<p>Appetizer: Honey Biscuit(G,D, SBO,SL) – 1 piece Cheese Pizza(G,CS,SBO,D,C) – 2 pieces Peas – 1 scoop Chocolate Cookies (G,E,SBO,SL,D,CS) – 1 piece Basic Salad on Table w/Ranch (SBO D,E) Salad & Snack Bar* Pepperoni at Maximizer (P,B) Adult/Vegetarian option</p> <p>EVENING SNACK: Baby Carrots and Vanilla Wafers (G, D, CS, SBO, SL) or Buttery Crackers (G, CS, SBO, SL).</p>
THURSDAY <i>Breakfast</i>	THURSDAY <i>Trail Lunch</i>	THURSDAY <i>Dinner</i>	THURSDAY <i>Dinner</i>
<p>Scrambled Eggs (E, SBO, SL) – 1 scoop Hash Browns – 1 scoop Rice Krispies (G) Toasted Oats (C,G) Raisin Bran(G,CS) Oatmeal Packets(G) Strawberry or Vanilla Yogurt (D) Sliced Apples and Oranges Canned Pineapple or Peaches Adult/Vegetarian option</p>	<p>Turkey & Cheese Sandwich (G, CS, SBO, SL, D, P) Bean & Cheese Rolls (D,G,SBO,E) Nutfree/Jelly Sandwiches (G,CS,S,SBO,SL) ** Adult Sandwich Bar</p> <p>SNACKS: Trail Mix: cereal, raisins, chocolate chips & marshmallows (G,D,CS,C,P, SL) Fruit Pretzels (G,CS,C,SBO) Banana/Pumpkin Bread (E,G,S, SBO,SL)</p>	<p>Appetizer: Honey Biscuit(G,D, SBO,SL) – 1 piece Cheese Pizza(G,CS,SBO,D,C) – 2 pieces Peas – 1 scoop Chocolate Cookies (G,E,SBO,SL,D,CS) – 1 piece Basic Salad on Table w/Ranch (SBO D,E) Salad & Snack Bar* Pepperoni at Maximizer (P,B) Adult/Vegetarian option</p> <p>EVENING SNACK: Baby Carrots and Vanilla Wafers (G, D, CS, SBO, SL) or Buttery Crackers (G, CS, SBO, SL).</p>	<p>Appetizer: Honey Biscuit(G,D, SBO,SL) – 1 piece Cheese Pizza(G,CS,SBO,D,C) – 2 pieces Peas – 1 scoop Chocolate Cookies (G,E,SBO,SL,D,CS) – 1 piece Basic Salad on Table w/Ranch (SBO D,E) Salad & Snack Bar* Pepperoni at Maximizer (P,B) Adult/Vegetarian option</p> <p>EVENING SNACK: Baby Carrots and Vanilla Wafers (G, D, CS, SBO, SL) or Buttery Crackers (G, CS, SBO, SL).</p>
FRIDAY <i>Breakfast</i>	DEPARTURE DAY <i>Lunch served on request</i>	ALLERGEN KEY:	
<p>French Toast (G,SBO,C,SL,D,E) – 1 pieces Syrup (CS) Bacon (P) – 2 pieces Yogurt (D,C) + Granola (C,G, S) Rice Krispies (G) Toasted Oats (C,G) Raisin Bran(G,CS) Oatmeal Packets(G) Strawberry or Vanilla Yogurt (D) Sliced Apples and Oranges Canned Pineapple or Peaches Adult/Vegetarian option</p>	<p>Standard Trail Lunch OR Turkey Hot Dogs (CS), Bun (G,CS,SBO) – 1 piece Vegetable Soup(C) – 1 scoop Chocolate Chip Cookies (E,G,D,S, SBO,SL) – 1 piece Water on Tables, Punch available Salad Bar and Sliced Fruit Bean & Cheese Rolls (D,G,SBO,E) Nutfree/Jelly Sandwiches (G,CS,S,SBO,SL) Adult/Vegetarian option</p>	<p>D=Dairy M=Sesame E=Egg SF=Sunflower C=Corn P=Pork CS=Corn Syrup B=Beef S=Soy SBO=Soy Bean Oil SL=Soy Lecithin G=Gluten</p>	