



High Trails

Understanding how we can all fit together on one healthy planet

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Menu: CARB COUNT

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| <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.</p> <p>Salad Bar Toppings: calculate salad and toppings individually per student.</p> <p>Vegetarian or Gluten Free Dish: calculate individually per student.</p> | <p>ARRIVAL DAY Dining Hall Lunch</p> <p>Beef Patty (2oz = 30g) + Cheese (1g) +Bun (38g) Potato Chips (1 handful/1.2oz=18g) 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) Apple (1=20g) Orange (1=15g) Trail Mix: cereal, raisins, chocolate chips & marshmallows (1 handful/1 oz=42g) Cheez-Its (30g=17g)</p> | <p>MONDAY Dinner</p> <p>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 Raisin Cookies (1 piece=16g) 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)</p> |
| <p>TUESDAY 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>TUESDAY Trail Lunch</p> <p>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) Graham Crackers (1 piece/1oz=12g) *Earthworks cookie (1 piece=19g)</p> | <p>TUESDAY Dinner</p> <p>Appetizer: Honey Biscuit (1 piece=18g) Chicken Nuggets (6 nuggets/4.26 oz=13g) Macaroni & Cheese (2oz = 41g) Watermelon (286g/l wedge = 21g carbs) Snickerdoodle 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) Apples (4 slices=10g) Oranges (4 slices=8g)</p> |
| <p>WEDNESDAY Breakfast</p> <p>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)</p> | <p>WEDNESDAY Trail Lunch</p> <p>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=12g) *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, 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)</p> |
| <p>THURSDAY 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>THURSDAY Trail Lunch</p> <p>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)</p> | <p>THURSDAY Dinner</p> <p>Appetizer: Italian Biscuit (1 piece=13g) 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)</p> |
| <p>FRIDAY Breakfast</p> <p>French Toast (2 pieces/5oz=64g) Syrup (2tbsp=26g) Bacon (3 pieces=0g) Strawberry Yogurt (1/4 cup/2oz=10g) Granola (60g=50g) 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)</p> | <p>DEPARTURE DAY Lunch served on request</p> <p>Standard Trail Lunch OR</p> <p>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)</p> <p>**Average number; should double check with kitchen before serving</p> | <p>NIGHT SNACKS</p> <p>Ritz Crackers (5 crackers=10g) Nilla Wafers (8 cookies=23g) Baby Carrots (4 carrots/2oz=5g)</p> |

*Only applies if Earth Works is scheduled that day