



High Trails

Understanding how we can all fit together on one healthy planet

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Menu

SUMMARY Breakfast and Dinner are served in the Dining Hall. Lunches are picnic lunches. 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. ** Adult Sandwich Bar: Meat, Cheese, Vegetarian Spread(M), Condiments, 12 toppings.		Dinner Salad & Snack Bar: Spinach and LettuceSalad, Ranch dressing (SBO,D, E), Various 12 Toppings(D, C), Nutfree/Jelly Sandwiches, Bean & Cheese Rolls, Sliced Oranges & Apples, Pineapple or Peaches. Beverages: <i>Breakfast:</i> Water on tables, Orange Juice and Milk (D) on counter. <i>Lunch:</i> Students carry their own water bottles. Instructor has water refills. <i>Dinner:</i> Water on tables, Lemonade on counter.	MONDAYDinner Appetizer: Garlic Bread (G,CS,SBO,SL) – 1 piece Spaghetti w/Marinara Sauce(G,SBO,SL) – 1 scoop Meatballs (G,CS,C,S,D,E) – 4 pieces Peas – 1 scoop OatmealRaisin Cookies (E,G,SBO,SL) – 1 piece Basic Salad on Table w/Ranch (SBO,D,E) Salad & Snack Bar* Adult/Vegetarian option EVENING SNACK:Baby Carrots and Vanilla Wafers (G, D, CS, SBO, SL) or Buttery Crackers (G, CS, SBO, SL)
TUESDAY Breakfast 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,C) Sliced Apples and Oranges Canned Pineapple or Peaches Adult/Vegetarian option	ARRIVAL DAY Dining Hall Lunch Hamburger (B), Cheese (D), Bun (G,D,M)–1 sandwich Chocolate Chip Cookies (E,G,D, SBO,SL) - 1 piece Bean & Cheese Rolls+ Ranch with hot sauce(D,G,S,SBO,E) Nutfree/Jelly Sandwiches (G,CS,S,SBO) Potato Chips Fruit Adult/Vegetarian option SNACK: Trail Mix: cereal, raisins, chocolate chips & marshmallows (G,D,CS,C,P,SL) Cheez-Its(D,S,G)	TUESDAY Dinner Appetizer: Honey Biscuit(G,D, SBO,SL) – 1 piece Macaroni and Cheese (G,D,C,SBO,SF) – 1 scoop Chicken Nuggets – (C, G,SBO, SL) 4 pieces Watermelon/Honey Dew – 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 EVENING SNACK:Baby Carrots and Vanilla Wafers (G, D, E, SBO, SL) or Buttery Crackers (G, CS, SBO, SL).	
WEDNESDAY Breakfast 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, C) Sliced Apples and Oranges Canned Pineapple or Peaches Adult/Vegetarian option	TUESDAY & WEDNESDAYTrail Lunch Turkey & Cheese Sandwich (G, CS, SBO, SL, D) Bean & Cheese Rolls+ Ranch with hot sauce(D,G,S,SBO,E) Nutfree/Jelly Sandwiches (G,CS,S,SBO) ** Adult Sandwich Bar 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)	WEDNESDAY Dinner 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 EVENING SNACK:Baby Carrots and Vanilla Wafers (G, D,, SBO, SL) or Buttery Crackers (G, CS, SBO, SL).	
THURSDAY Breakfast 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,C) Sliced Apples and Oranges Canned Pineapple or Peaches Adult/Vegetarian option	THURSDAY Trail Lunch Turkey & Cheese Sandwich (G, CS, SBO, SL, D, P) Bean & Cheese Rolls+ Ranch with hot sauce(D,G,S,SBO,E) Nutfree/Jelly Sandwiches (G,CS,S,SBO) ** Adult Sandwich Bar 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)	THURSDAY Dinner Appetizer: Italian Biscuit(G,D, SBO,SL) – 1 piece Cheese Pizza(G,CS,SBO,D,C) – 2 pieces Green Beans – 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 EVENING SNACK:Baby Carrots and Vanilla Wafers (G, D, SBO, SL) or Buttery Crackers (G, CS, SBO, SL).	
FRIDAY Breakfast French Toast (G,SBO,C,SL,D,E) – 1 pieces Syrup (CS) Bacon (P) – 2 pieces Rice Krispies (G) Toasted Oats (C,G) Raisin Bran(G,CS) Oatmeal Packets(G) Strawberry or Vanilla Yogurt (D,C) Sliced Apples and Oranges Canned Pineapple or Peaches Adult/Vegetarian option	DEPARTURE DAY Lunch served on request 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 Salad Bar and Sliced Fruit Bean & Cheese Rolls+ Ranch with hot sauce(D,G,S,SBO,E) Nutfree/Jelly Sandwiches (G,CS,S,SBO,SL) Adult/Vegetarian option	ALLERGEN KEY: D=Dairy E=Egg C=Corn CS=Corn Syrup S=Soy SBO=Soy Bean Oil SL=Soy Lecithin G=Gluten M=Sesame SF=Sunflower P=Pork B=Beef	