

OUTDOOR SCHOOL MENU – 2019/20 3 DAY MENU CARB COUNT IN ITALICS

DAY 1 LUNCH – BAGGED LUNCH

DINNER (D1)

- Homemade vegetarian red sauce (4tbsp = 1g)
 - Pasta (2oz = 42g)
 - Pure beef meatballs (3=5g)
 - Italian garlic bread (1 slice = 15g)
 - Parmesan cheese (<1g)
 - Salad - lettuce, tomato, cucumber (cup =9g)
 - Italian dressing (2 tbsp = 2g)
 - 2% milk (8oz = 12g)
 - Water
 - Blue Bonnet or Kemp's Ice cream sandwich (28g)
- Pasta served plain with sauce and meatballs on the side. Vegetarian or gluten free meatballs available upon request (3 = 10g)

SILK SOY MILK AND LACTAID AVAILABLE AT ALL MEALS

GLUTEN FREE OPTIONS AVAILABLE UPON PRIOR REQUEST

VEGETARIAN OPTIONS AVAILABLE AT EVERY MEALS

WE ARE A NUT SAFE DINING FACILITY

DAY 2 BREAKFAST (B1)

- Pancakes (3 x 4" = 31g)
- Pancake syrup (¼ cup = 52g)
- Turkey sausage links (2 = 0.5)
- Butter (<1g)
- 2% milk (8oz = 12g)
- water
- orange juice (8 oz = 25g)
- Various cold cereal, yogurt, fruit on side table

DAY 2 LUNCH (L1)

- Hoagie roll (1 = 37g)
- Cheddar cheese (1 slice = 1g)
- Tomato (1 slice = 1g)
- Sliced smoked turkey (2 slices = 4g)
- Romaine Lettuce (1 large leaf = 1g)
- Mayo and mustard (0.5g)
- Sliced Apples (1 apple = 25g)
- Potato Chips (1 pack = 25g)
- Home made sugar cookie (1 = 28g)
- 2% milk (8oz = 12g)
- Water
- Iced tea (12oz = 22g)
- Vegetarian option – cheese hoagie

OPTIONS for BREAKFAST

- Special K with Strawberries (1cup = 40g)
- Golden Grahams (1cup = 35g)
- Rice Krispies (1cup = 25g)
- Nature Valley granola (1cup = 70g)
- Yoplait yogurt - strawberry banana (17g)
- Yoplait yogurt - Raspberry peach (17g)