

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)

DAY 2 BREAKFAST (B1)

- Scrambled eggs (1 egg =1g)
- Homefries (3oz = 17g)
- Whole grain toast (1 slice = 18g)
- Butter (<1g)
- Strawberry and grape jam (1 tbsp = 20g)
- 2% milk (cup = 12g)
- Water
- Orange juice (8 oz = 25g)
- Various cold cereal, yogurt, fruit on side table

LUNCH (L1)

- Grilled cheese on wheat bread (whole sandwich = 30g)
- Homemade tomato soup (12 oz = 12g)
- Baby carrots (4 = 1g)
- Celery sticks (1 = 1g)
- Ranch dressing (2tbsp = 4g)
- Home made sugar cookie (1 = 28g)
- 2% milk (8oz = 12g)
- Water
- Lemonade (12oz = 21g)

DINNER (D2) for 3 day groups

- Baked chicken breast lightly seasoned (<1g)
- Mashed potatoes (1 cup = 35g)
- Whole grain dinner roll (23g)
- Green beans(¾ cup = 6g)
- Salad - lettuce, tomato, cucumber (cup =9g)
- Honey mustard dressing (2 tbsp = 2g)
- 2% milk (8oz = 12g)
- Water
- Homemade cake (1 piece = 25g)
- **Pre-arranged vegetarian option – Veggie patty**
(1 = 6g)

DAY 3 BREAKFAST (B2)

- 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

PICNIC LUNCH (PL)

- 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)

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