



OUTDOOR EDUCATION SAMPLE MENU

Our fruits and vegetables are seasonal and all may not be available.



BREAKFAST

- Scrambled Eggs
- Roasted Potatoes
- Turkey or Chicken Apple Sausage
- Hot Oatmeal or Cereal
- Fresh Fruit and Yogurt
- Orange Juice, Milk, Tea & Coffee



DINNER

PASTA BAR:

- Vegetarian or with Meat Sauce
- Sautéed Vegetables
- Dinner Rolls

TACO BAR:

- Roasted Chicken (chopped),
Rice, Beans, Guacamole, Tortillas

HOME-STYLE DINNER:

- Roasted Chicken
- Mashed Potatoes and Gravy
- Sautéed Vegetables

*All dinners include salad bar and hot soup.



LUNCH

TRAIL LUNCH:

- Turkey & Cheese or Avocado
& Vegetable Sandwich
- Chips or Pretzels
- Fig Bars
- Cheese Sticks
- Carrots or Apples

DINING HALL (Final Day):

- Pizza (Pepperoni or Cheese)

*All lunches include salad bar and hot soup.



AFTERNOON SNACK

- Apples or Carrots
- Graham Crackers



SPECIAL CONSIDERATIONS

The YMCA is able to accommodate most dietary restrictions and special needs including:

- Vegetarian
- Vegan
- Gluten-Free
- Dairy-Free
- Food Allergies