

**Santa Cruz County Outdoor Science School Menu: 1**

<u>TUES</u>	<u>WED</u>	<u>THUS</u>	<u>FRI</u>
<p><b><u>LEADER BREAKFAST</u></b></p> <p>CEREAL BOWLS/MILK MUFFINS/DANISH YOGURT FRUIT BASKET</p> <p>WATER PITCHERS HOT WATER/COFFEE</p>	<p><b><u>WAFFLES</u></b></p> <p>8:00</p> <p>WAFFLES TURKEY SAUSAGE MELON SLICES BREAKFAST BAR</p> <p>SYRUP - BUTTER ORANGE JUICE</p>	<p><b><u>EGGS W/BACON</u></b></p> <p>8:00</p> <p>EGGS W/CHEESE/BACON CUBE POTATO ORANGES BREAKFAST BAR</p> <p>KETCHUP APPLE JUICE</p>	<p><b><u>CONTINENTAL</u></b></p> <p>8:00</p> <p>BAGELS/CREAM CHEESE CORNFLAKES/MILK BANANA BREAKFAST BAR</p> <p>ORANGE JUICE</p>
<p><b><u>LEADER LUNCH</u></b></p> <p>12:00</p> <p>SANDWICH (TURKEY/CHEESE) LETTUCE/TOMATO/ONION CHIPS GRANOLA BAR OREO (2-PACK)</p> <p>CAPRI-SUN</p>	<p><b><u>PIZZA/TRAIL LUNCH</u></b></p> <p>12:00</p> <p>PEP/CHEESE FRUIT SALAD PARMESAN/RED PEPPER FLAKE SALAD BAR</p> <p>WATER</p>	<p><b><u>PIZZA/TRAIL LUNCH</u></b></p> <p>12:00</p> <p>PEP/CHEESE FRUIT SALAD PARMESAN/RED PEPPER FLAKE SALAD BAR</p> <p>WATER</p>	
<p><b><u>PASTA DINNER</u></b></p> <p>5:30</p> <p>PASTA MARINARA TURKEY MEATBALLS BREADSTICKS SALAD BAR</p> <p>WATER BROWNIES</p>	<p><b><u>CHIX/BROCC BAKE</u></b></p> <p>5:30</p> <p>CHICKEN/BROCC BAKE RICE FRENCH ROLL SALAD BAR</p> <p>WATER LEMON BAR</p>	<p><b><u>CHIKEN FAJITAS</u></b></p> <p>5:30</p> <p>TORTILLAS CHICKEN/PEPPER &amp; ONION SHREDDED CHEESE RICE/BEANS SALSA/GUAC/SOUR CREAM SALAD BAR</p> <p>WATER CHURROS</p>	

<p><b><u>BREAKFAST BAR</u></b></p> <p>YOGURT (PLAIN GREEK) HB EGGS GRANOLA FRUIT SALAD FRUIT BASKET</p>
<p><b><u>SALAD BAR</u></b></p> <p>TUNA SALAD CHERRY TOMATOES GARBANZO BEANS BLACK OLIVES SLICED CUKE SLICED HB EGGS</p> <p>CRUTONS/VEG BACON BITS</p> <p>RANCH/ASIAN HONEY MUSTARD/BALSAMIC</p>
<p><b><u>TRAIL LUNCH</u></b></p> <p>BREAD TURKEY CHEESE MAYO/MUSTARD SUNBUTTER/JAM/HUMMUS CARROT STICKS GOLDFISH (BOXES) OREO COOKIES (SLEEVE) APPLES</p>

**Santa Cruz County Outdoor Science School Menu: 2**

<u>TUES</u>	<u>WED</u>	<u>THUS</u>	<u>FRI</u>
<p><b><u>LEADER BREAKFAST</u></b></p> <p>CEREAL BOWLS/MILK MUFFINS/DANISH YOGURT FRUIT BASKET</p> <p>WATER PITCHERS HOT WATER/COFFEE</p>	<p><b><u>FRENCH TOAST</u></b> 8:00</p> <p>FRENCH TOAST TURKEY SAUSAGE GRAPES BREAKFAST BAR</p> <p>SYRUP - BUTTER ORANGE JUICE</p>	<p><b><u>EGGS W/BACON</u></b> 8:00</p> <p>EGGS W/CHEESE/BACON CUBE POTATO ORANGES BREAKFAST BAR</p> <p>KETCHUP APPLE JUICE</p>	<p><b><u>CONTINENTAL</u></b> 8:00</p> <p>BAGELS/CREAM CHEESE CORNFLAKES/MILK BANANA BREAKFAST BAR</p> <p>ORANGE JUICE</p>
<p><b><u>LEADER LUNCH</u></b> 12:00</p> <p>SANDWICH (TURKEY/CHEESE) LETTUCE/TOMATO/ONION CHIPS GRANOLA BAR OREO (2-PACK)</p> <p>CAPRI-SUN</p>	<p><b><u>CHICKEN SANDOS/ TRAIL LUNCH</u></b> 12:00</p> <p>BUN/CHX PATTY TWISTER FRY SALAD BAR CHEESE MAYO - MUST - KETCHUP</p> <p>WATER</p>	<p><b><u>CHICKEN SANDOS/ TRAIL LUNCH</u></b> 12:00</p> <p>BUN/CHX PATTY TWISTER FRY SALAD BAR CHEESE MAYO - MUST - KETCHUP</p> <p>WATER</p>	
<p><b><u>PASTA DINNER</u></b> 5:30</p> <p>PASTA MARINARA TURKEY MEATBALLS BREADSTICKS SALAD BAR</p> <p>WATER BROWNIES</p>	<p><b><u>ORANGE CHICKEN</u></b> 5:30</p> <p>CHICKEN RICE HAWAIIAN ROLL SALAD BAR</p> <p>WATER LEMON BAR</p>	<p><b><u>TACOS</u></b> 5:30</p> <p>SHELLS/FLOUR TORTILLA GROUND TURKEY SHREDDED CHEESE RICE/BEANS SALSA/GUAC/SOUR CREAM SALAD BAR</p> <p>WATER BAKED CHOC CHIP COOKIE</p>	

<p><b><u>BREAKFAST BAR</u></b></p> <p>YOGURT (PLAIN GREEK) HB EGGS GRANOLA FRUIT SALAD FRUIT BASKET</p>
<p><b><u>SALAD BAR</u></b></p> <p>TUNA SALAD CHERRY TOMATOES GARBANZO BEANS BLACK OLIVES SLICED CUKE SLICED HB EGGS</p> <p>CRUTONS/VEG BACON BITS</p> <p>RANCH/ASIAN HONEY MUSTARD/BALSAMIC</p>
<p><b><u>TRAIL LUNCH</u></b></p> <p>BREAD TURKEY CHEESE MAYO/MUSTARD SUNBUTTER/JAM/HUMMUS CARROT STICKS GOLDFISH (BOXES) OREO COOKIES (SLEEVE) APPLES</p>

**Santa Cruz County Outdoor Science School Menu: Special Diet**

<u>TUES</u>	<u>WED</u>	<u>THUS</u>	<u>FRI</u>
	<p><b><u>FRENCH TOAST/WAFFLE</u></b></p> <p align="right">8:00</p> <p>GF: VANS WAFFLE DF: VANS WAFFLE VEG: MOLLY KITCHEN PLANT BASED SAUSAGE</p>	<p><b><u>EGGS W/BACON</u></b></p> <p align="right">8:00</p> <p>GF: GF POTATO DF: NO CHEESE ON EGG VEG: NO BACON</p>	<p><b><u>CONTINENTAL</u></b></p> <p align="right">8:00</p> <p>GF: GF BAGEL DF: REGULAR BAGEL/VEGAN CREAM CHEESE VEG: N/A</p>
	<p><b><u>CHICKEN SANDOS</u></b></p> <p align="right">12:00</p> <p>GF: ROTELLA VEGAN BUN/ PLAIN CHICKEN BREAST DF: ROTELLA VEGAN BUN REGULAR PATTY VEG: REGULAR BUN/ MORNINGSTAR VEGGIE (GARDEN VEGETABLE)</p>	<p><b><u>PIZZA</u></b></p> <p align="right">12:00</p> <p>GF: GF CRUST DF: GF CRUST/VEGAN CHEESE VEG: CHEESE PIZZA</p>	<p><b><u>TRAIL LUNCH</u></b></p> <p>GF: GLUTEN FREE BREAD PLAIN LAYS/GF WALKERS DF: NO CHEESE VEG: HUMMUS</p>
<p><b><u>PASTA DINNER</u></b></p> <p align="right">5:30</p> <p>GF: GLUTEN FREE PASTA /SEPARATE M. SAUCE DF: NO CHEESE/NO MEATBALL VEG: NO MEATBALLS</p> <p>GF: GF BROWNIE DF: BERRY SORBET</p>	<p><b><u>CHIX/BROCC BAKE</u></b></p> <p align="right">5:30</p> <p>GF: GF ALFREDO/ NO BREADCRUMBS DF: VEG: CASSEROLE MADE WITH MEATLESS CHICKEN</p> <p>GF: TORTE DF: OAT BITES</p>	<p><b><u>TACOS/FAJITA</u></b></p> <p align="right">5:30</p> <p>GF: HARD SHELL ONLY DF: NO CHEESE VEG: BEYOND GROUND MEAT</p> <p>GF: GF CHOC CHIP DF: DF COOKIE</p>	<p><b><u>ORANGE CHICKEN</u></b></p> <p>GF: SLICED CHICKEN BREAST WARMED W/ SAUCE AND VEG DF: N/A VEG: VEGAN CHX WARMED W/ SAUCE AND VEG</p> <p>GF: TORTE DF: OAT BITES</p>