

SAMPLE MENU

BREAKFAST

All meals are and/or food items are subject to change at anytime

Monday:

French toast with syrup, scrambled eggs, bacon

Tuesday:

Scrambled eggs, tater circles, pork sausage links

Wednesday:

Buttermilk pancakes with syrup, scrambled eggs with cheese

Thursday:

English muffins, scrambled eggs, sausage, American cheese slices, tater circles

Friday:

Waffles with syrup, strawberries (from frozen), whipped cream, bacon

Saturday:

Donuts, fruit

Accompaniments (every morning):

Cereals and breads (white and wheat), assorted individual size yogurts (5 oz) yogurts and a variety of fresh fruit—apples and oranges

Beverages:

- Coffee (regular and decaffeinated)
- Hot tea
- Orange juice
- Apple juice
- 1% white milk
- 1% chocolate milk

Condiments:

- Coffee creamer
- Equal and sugar packets
- Margarine
- Salt and pepper
- Ketchup
- Salsa
- Assorted jellies

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LUNCH

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Monday:

White bread, sliced turkey breast, leaf lettuce, yellow American cheese, apples, nacho cheese tortilla chips, fruit snacks

Tuesday:

Wheat bread, ham, leaf lettuce, Swiss cheese, crunchy cheese snacks, red grapes, granola bar

Wednesday:

Wheat bread, sliced turkey breast, leaf lettuce, provolone cheese, cooler ranch tortilla chips, carrot sticks, sandwich cookies

Thursday:

White bread, ham, leaf lettuce, white American cheese, pretzels, oranges, animal cookies

Friday:

White or wheat bread, sliced turkey breast, Monterey jack cheese, leaf lettuce, any sliced veggies from previous days, regular potato chips, apples, chocolate chip cookie

Accompaniments (every day):

White bread (as needed), sliced tomatoes, peanut butter (creamy), jelly, mayonnaise, mustard, napkins, knives

Beverages:

- One beverage per person! There will be a variety of Propel and soda options. to choose from.
- Water; each crew will bring a full 5-gallon water container with them to their worksite.

Ice:

2 bags per crew each day. (One to add to the 5-gallon water container, the other to keep lunch cold in their cooler)

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DINNER

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Sunday: All American Picnic

Hamburgers (on buns), hotdogs (on buns), potato chips, and mixed vegetables.

Toppings: lettuce, tomatoes, sliced American cheese, sliced onions, pickles, mustard, ketchup, mayonnaise, pickle relish.

Baked potato bar.

Toppings: sautéed onions, bacon, sour cream.

Vanilla ice cream with caramel and chocolate sauces.

Lemonade or iced tea.

Monday: Viva Italia

Spaghetti with sauce and Italian meatballs, parmesan cheese, green beans, French bread.

Brownies.

Lemonade or iced tea.

Tuesday: Mexican Fiesta

Taco/burrito bar with flour tortillas, taco shells, tortilla chips, spiced ground beef, vegetarian refried beans, diced tomatoes, chunky salsa, shredded lettuce, sour cream, onions, and Mexican rice.

Sherbet.

Lemonade or iced tea.

Wednesday: No dinner is provided unless remote location—groups go out this evening.

Thursday: Summer BBQ

BBQ beef on bun, grilled cheese sandwiches, tater tots, and cole slaw.

Strawberry shortcake.

Lemonade or iced tea.

Friday: Dinner on the Farm

Oven fried chicken, macaroni and cheese, steamed vegetables, and hot dinner rolls.

Ice cream with chocolate, caramel, strawberry sauces and whipped topping.

Lemonade or iced tea.

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DINNER EXTRAS

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Accompaniments (every evening):

- Salad bar:** tossed lettuce salad mix, cherry tomatoes, sliced cucumbers, shredded carrots, low-fat cottage cheese, shredded cheddar cheese, croutons, ranch dressing, Italian dressing.
- Nightly Beverages:** coffee, regular and decaffeinated, hot tea, white milk and chocolate milk, both 1%.
- Other meal choices:** white bread, peanut butter, jelly, sandwich meat, mustard, ketchup, mayonnaise.
- Condiments:** coffee creamer, equal packets, sugar packets, margarine.