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|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** |
| **Breakfast** |  | *8am*  **Chicken Sausage Links**  **Scrambled Eggs (V)**  **Muffins**  **Bananas**  **Orange Juice** | *8am*  **Pancakes (V)**  **Chicken Sausage Links**  **Applesauce**  **Grape Juice** | *8am*  **Scrambled Eggs (V)**  **Hashbrowns**  **Cinnamon Rolls**  **Orange Wedges**  **Apple Juice** |
| **Lunch** |  | *Hiking Lunch*  **Sandwich (Wheat Bread,**  **Turkey or Hummus (V),**  **Yellow Cheese, Lettuce,**  **Tomato)**  **Carrots &Celery, Apple**  **Pretzels, Oatmeal Cookie** | *Hiking Lunch*  **Sandwich (Wheat Bread,**  **Turkey or Hummus (V),**  **Swiss Cheese, Lettuce**  **Tomato)**  **Carrot & Celery, Apples**  **Goldfish Cracker, Granola Bars** | *11:30am*  **Breaded Chicken Patty/Bun**  **Veggie Burger (V)**  **Apple Wedges**  **& Grapes**  **Potato Chips**  **Pudding** |
| **Dinner** | *5pm*  **Tacos (Flour Tortilla,**  **Lettuce, Tomato,**  **Beef or Refried Beans (V), Cheese)**  **Tortilla Chips**  **Salsa**  **Sour Cream**  **Brownie** | *5pm*  **Cheese Pizza (V)**  **Pineapple Tidbits**  **Caesar Salad**  **Cake**  **Note: Marshmallows at campfire** | *5pm*  **Rotelle Pasta w/White Beans (V)**  **Beef Meatballs**  **Spaghetti Sauce**  **Caesar Salad**  **Garlic Bread**  **Apple Crisp** |  |

**Waskowitz Outdoor School MenuFall 2019**

***Vegetarian entrée options indicated by (V)* This institution is an equal opportunity provider.**