

# Outdoor Lab Menu

## **Fifth Grade Program**

### Day 1: Lunch

- Students provide their own lunches
- If students forget to bring a lunch, the following will be available:
  - peanut butter and jelly sandwich or hotdog, apple slices, potato chips

### Day 1: Snack

- Apple slices
- Oreo cookies: gluten free and regular

### Day 1: Dinner

- Stouffers Beef Lasagna
- Stouffers Vegetable Lasagna
- Pepperidge Farm Garlic Bread
- Green Salad (lettuce, tomatoes, cucumbers, carrots)
- Salad Dressing: Ranch, French, Italian
- Hood Vanilla Ice Cream
- Hershey's Chocolate Syrup

### Day 1: Evening Hike Program

- Lifesaver Wint-o-green mint

### Day 2: Breakfast

- Doughnuts made with biscuit dough (Pillsbury Grands) fried in Canola oil
  - option of cinnamon sugar or powder sugar glaze
- General Mills' Cheerios
- Kellogg's Raisin Bran Cereal
- Kellogg's Rice Krispies Cereal
- Milk (2% milk fat)
- Greg Pack Orange Juice (from concentrate)
- Seasonal: Ronnoco Hot Chocolate (from mix)

### Day 2: Lunch

- Perdue Turkey Franks
- Vegan Hot Dogs (Lightlife Smart Dogs plant-based hot dogs)
- Ottenberg Bakers hot dog buns
- Heinz Tomato Ketchup
- Yellow Mustard
- Potato chips (not processed with peanut oil)
- Apple slices
- Kellogg's Graham Crackers
- Campfire Gluten-free Marshmallows or Dandies Gluten-free/Vegan Marshmallows
- Hershey's Milk Chocolate Bars
- Grower's Pride Lemonade (from concentrate)

