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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.**