



# High Trails Outdoor Science School

POST OFFICE BOX 2640  
BIG BEAR CITY, CA 92314  
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HELLO@THEHIGHTRAILSWAY.COM

RUNNING PROGRAM IN THE  
SAN BERNARDINO NATIONAL FOREST  
WWW.THEHIGHTRAILSWAY.COM

Understanding How We Can All Fit Together On One Healthy Planet

## Menu: Week One

MONDAY	NO Breakfast	Dining Hall Lunch	Dinner
<p><b>**Adult Sandwich add-ons</b> <b>4 rotating add-ons:</b> lettuce, spinach, tomatoes, onions, cucumbers, alfalfa sprouts, hummus spread, bean spread, pickles, bacon, green pepper slices, etc.</p>		<p><i>In Dining Hall, prepared by Kitchen</i></p> <p>Sloppy Joes Vegetable Soup Carrot and Celery Sticks/Ranch Dip Cookies Water on Tables, Punch available</p>	<p>Chicken Nuggets / Strips French Fries Broccoli Rice Krispies Basic Salad on Table w/Ranch Water on Tables, Punch available PBJ and Salad Bar*</p> <p><i>Adult/Veggie option: see Kitchen Guide</i></p>
TUESDAY	Breakfast	Trail Lunch	Dinner
<p>Pancakes/Waffles and Sausage Cold Cereal Bar / Cream of Wheat Canned Peaches or Pears Milk and Water on Tables Orange Juice on Counter <i>Adult/Veggie option: see Kitchen Guide</i></p>		<p><i>Eaten on Trail, prepared by High Trails</i></p> <p>Turkey &amp; Cheese Sandwiches Peanut Butter &amp; Jelly Sandwiches Fruit Chips Cookies <i>Adult sandwich add-ons available**</i></p>	<p>Baked Marinara Pasta Dish Garlic Bread Mixed Veggies Brownies Basic Salad on Table w/Ranch Water on Tables, Punch available PBJ and Salad Bar*</p> <p><i>Adult/Veggie option: see Kitchen Guide</i></p>
WEDNESDAY	Breakfast	Trail Lunch	Dinner
<p>Scrambled Eggs and Tator Tots Biscuits Cold Cereal Bar / Oatmeal Cantaloupe or Bananas Milk and Water on Tables Orange Juice on Counter <i>Adult/Veggie option: see Kitchen Guide</i></p>		<p><i>Eaten on Trail, prepared by High Trails</i></p> <p>Tuna Sandwiches Peanut Butter &amp; Jelly Sandwiches Fruit Crackers Banana/Pumpkin Bread <i>Adult sandwich add-ons available**</i></p>	<p>Roast Turkey Mashed Potatoes &amp; Veggie Gravy Green Beans Cookies Basic Salad on Table w/Ranch Water on Tables, Punch available PBJ and Salad Bar*</p> <p><i>Adult/Veggie option: see Kitchen Guide</i></p>
THURSDAY	Breakfast	Trail Lunch	Dinner
<p>French Toast and Bacon Cold Cereal Bar / Cream of Wheat/ Grits Cantaloupe or Bananas Milk and Water on Tables Orange Juice on Counter <i>Adult/Veggie option: see Kitchen Guide</i></p>		<p><i>Eaten on Trail, prepared by High Trails</i></p> <p>Ham &amp; Cheese Sandwiches Peanut Butter &amp; Jelly Sandwiches Fruit Trail Mix: cheerios, peanuts, raisins, chocolate / butterscotch chips <i>Adult sandwich add-ons available**</i></p>	<p>Pepperoni/Cheese/Veggie Pizza Pudding w/ Oreo Topping Basic Salad on Table w/Ranch Water on Tables, Punch available PBJ and Salad Bar*</p> <p><i>Adult/Veggie option: see Kitchen Guide</i></p>
FRIDAY	Breakfast	Lunch served rarely on request	*Salad Bar
<p>Cinnamon Buns / Breakfast Pan Cake Yogurt and Granola Cold Cereal Bar / Oatmeal Canned Peaches or Pears Milk and Water on Tables Orange Juice on Counter</p>		<p><i>In Dining Hall, prepared by Kitchen OR standard trail lunch.</i></p> <p>Week Two Monday Lunch or Trail Lunch</p>	<p><b>Lettuce plus 8 rotating add-ons:</b> Artichoke hearts, croutons, shredded cheese, ham/turkey chunks, tomatoes, broccoli, cucumbers, hard boiled eggs, spinach leaves, garbanzo, kidney or black beans, onions, carrot sticks, etc.</p>



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## Menu: Week Two

<b>MONDAY</b>	<b>NO Breakfast</b>	<b>Dining Hall Lunch</b>	<b>Dinner</b>
<b>**Adult Sandwich add-ons</b> <b>4 rotating add-ons:</b> lettuce, spinach, tomatoes, onions, cucumbers, alfalfa sprouts, hummus spread, bean spread, pickles, bacon, green pepper slices, etc.		<b>In Dining Hall, prepared by Kitchen</b>  Grilled Cheese Tomato Soup Carrot and Celery Sticks/Ranch Dip Cookies Fruit Punch/Water	Hamburgers French Fries Broccoli Rice Krispies Basic Salad on Table w/Ranch Water on Tables, Punch available PBJ and Salad Bar* <b>Adult/Veggie option: see Kitchen Guide</b>
<b>TUESDAY</b>	<b>Breakfast</b>	<b>Trail Lunch</b>	<b>Dinner</b>
Pancakes/Waffles and Sausage Cold Cereal Bar / Cream of Wheat Canned Peaches or Pears Milk and Water on Tables Orange Juice on Counter <b>Adult/Veggie option: see Kitchen Guide</b>		<b>Eaten on Trail, prepared by High Trails</b>  Turkey & Cheese Sandwiches Peanut Butter & Jelly Sandwiches Fruit Chips Cookies <b>Adult sandwich add-ons available**</b>	Macaroni & Cheese Veggie Soup Mixed Veggies Brownies Basic Salad on Table w/Ranch Water on Tables, Punch available PBJ and Salad Bar* <b>Adult/Veggie option: see Kitchen Guide</b>
<b>WEDNESDAY</b>	<b>Breakfast</b>	<b>Trail Lunch</b>	<b>Dinner</b>
Scrambled Eggs and Tator Tots Biscuits Cold Cereal Bar / Oatmeal Cantaloupe or Bananas Milk and Water on Tables Orange Juice on Counter <b>Adult/Veggie option: see Kitchen Guide</b>		<b>Eaten on Trail, prepared by High Trails</b>  Tuna Sandwiches Peanut Butter & Jelly Sandwiches Fruit Crackers Banana/Pumpkin Bread <b>Adult sandwich add-ons available**</b>	Tacos with Salsa and Cheese Spanish Rice Churros Basic Salad on Table w/Ranch Water on Tables, Punch available PBJ Bar Taco Salad Bar = Tomatoes, Onions, Black Olives, Shredded Lettuce, Jalapeno, Sour Cream <b>Adult/Veggie option: see Kitchen Guide</b>
<b>THURSDAY</b>	<b>Breakfast</b>	<b>Trail Lunch</b>	<b>Dinner</b>
French Toast and Bacon Cold Cereal Bar / Cream of Wheat/ Grits Cantaloupe or Bananas Milk and Water on Tables Orange Juice on Counter <b>Adult/Veggie option: see Kitchen Guide</b>		<b>Eaten on Trail, prepared by High Trails</b>  Ham & Cheese Sandwiches Peanut Butter & Jelly Sandwiches Fruit Trail Mix: cheerios, peanuts, raisins, chocolate / butterscotch chips <b>Adult sandwich add-ons available**</b>	Pepperoni/Cheese/Veggie Pizza Pudding w/ Oreo Topping Basic Salad on Table w/Ranch Water on Tables, Punch available PBJ and Salad Bar* <b>Adult/Veggie option: see Kitchen Guide</b>
<b>FRIDAY</b>	<b>Breakfast</b>	<b>Lunch served rarely on request</b>	<b>*Salad Bar all nights except Taco Night</b>
Cinnamon Buns / Breakfast Pan Cake Yogurt and Granola Cold Cereal Bar / Oatmeal Canned Peaches or Pears Milk and Water on Tables Orange Juice on Counter		<b>In Dining Hall, prepared by Kitchen OR standard trail lunch.</b>  Week One Monday Lunch	<b>2 dressings and 8 rotating add-ons:</b> Artichoke hearts, croutons, shredded cheese, ham/turkey chunks, tomatoes, broccoli, cucumbers, hard boiled eggs, spinach leaves, garbanzo, kidney or black beans, onions, carrot sticks, etc.