

**RANCHO EL CHORRO OUTDOOR SCHOOL  
2014-2015 RESIDENTIAL PROGRAM**

**SAMPLE 5 DAY MENU**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>		Sunshine Scramble Super Spuds Biscuit Orange Juice Milk	Pennington Pancakes Savory Sausage Berries Milk	Hiker's Oatmeal Bagel w/cream cheese Fruit Milk	Fancy French Toast Savory Sausage Fruit Milk
<b>Lunch</b>	Students/adults bring their own sack lunch	Ocean Adventure Lunch or Nature Quest Lunch	Ocean Adventure Lunch or Nature Quest Lunch	Golden Grilled Cheese Salad Bar Supreme Fruit Milk	Rancho Hot Dog Pasta Salad Fruit Cookie Milk
<b>Snack</b>	Fruit Pretzels	Goldfish Grahams String Cheese	Fruit Granola bar	Fruit Cheezits	
<b>Dinner</b>	Luigi's Spaghetti Buttery Bread sticks Salad Bar Supreme Ice Cream Milk	Crispy Chicken Tenders Monster Mash potatoes Vegetables Cake Milk	Baked Potato Bar w/chili, cheese, broccoli Tossed Salad Brownie Milk	Crunchy Tacos Beans Spanish Rice Jello Milk	

**Ocean Adventure Lunch:** Turkey Sub Sandwich, baby carrots, apple, chips, milk. **Snack:** Giant Goldfish Grahams, String Cheese.

**Nature Quest Lunch:** Sunflower butter & jelly sandwich, baby carrots, apple, cookies, juice. **Snack:** granola bar, fruit.