



Camping-Based Field Trip Sample Menu

Day	Breakfast	Lunch	Dinner
1	N/A	N/A Students should arrive to the program with their own packed lunch	Pasta with red sauce and meatballs. Salad on side
2	Breakfast Bar including Eggs, Sausage, Oatmeal, Bagels, fruit	Sandwich with choice of meat, cheese, vegetable, and condiment. Choice of fruit and granola bar on the side.	Burritos (Tortilla with choice of rice, beans, chicken, lettuce, salsa, cheese)
3	Breakfast Bar including: Eggs, hashbrowns, oatmeal, bagels, fruit, yogurt	Sandwich with choice of meat, cheese, vegetable, and condiment. Choice of fruit and granola bar on the side.	Mac N Cheese with choice of broccoli or chicken
4	Breakfast tacos; eggs, cheese, beans, salsa, chorizo Oatmeal, bagels, fruit	Sandwich with choice of meat, cheese, vegetable, and condiment. Choice of fruit and granola bar on the side.	Stir Fry Vegetable fried rice with choice of vegetables, meat, and vegetable protein.
5	Breakfast Bar including: -eggs -sausage -Bagels -oatmeal -fruit	Sandwich with choice of meat, cheese, vegetable, and condiment OR sun-butter and jelly. Choice of fruit and granola bar on the side.	N/A

*KSS can always accommodate and provide substitutions for voluntary or medical dietary restrictions, allergies, and intolerances, while ensuring a balanced diet.

*KSS is also a completely nut free facility, and all of the food we provide is completely nut free.