

### Thousand Pines Outdoor Science School Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
		Breakfast	Carbs (Grams)	Breakfast	Carbs (Grams)	Breakfast	Carbs (Grams)	Breakfast	Carbs (Grams)
No Program		Pancakes (6 inch size)	24	Bacon (four strips)	0	Biscuits (one biscuit)	20	French Toast (1/2 slice)	9
		Scrambled Eggs (one ladle)	1	Scrambled Eggs (one ladle)	1	Gravy (one ladle)	5	Bacon (four strips)	0
		Sausage	0	Potatoes (one ladle)	20	Scrambled Eggs (one ladle)	1	Syrup - Sugar free (1.1oz)	4
		Syrup (Sugar Free-1.1 oz)	4	Grits (one ladle)	25	Sausage	0	Blueberries (one ladle)	10
		Butter	0	Butter	0	Oatmeal (one ladle)	13	Baked Granola (one ladle)	34
		Cream of Wheat (one ladle)	13	Brown Sugar (one tablespoon)	13	Butter	0	Fruit	10
		Brown Sugar (one tablespoon)	13	Fruit	10	Fruit	10	Drinks: 2% Milk (one glass)	11
		Fruit	10	* Veggie Sausage	0	* Veggie Sausage	0	Drinks: Orange Juice (one glass)	23
	Drinks: 2% Milk (one glass)	11	Drinks: 2% Milk (one glass)	11	Drinks: 2% Milk (one glass)	11			
	Drinks: Orange Juice (one glass)	23	Drinks: Orange Juice (one glass)	23	Drinks: Orange Juice (one glass)	23			
Lunch	Carbs (Grams)	Lunch	Carbs (Grams)	Lunch	Carbs (Grams)	Lunch	Carbs (Grams)		
Hamburger (w/ bun)	20	Grilled Ham & Cheese Sandwich	30	Hot Dogs (with bun)	24	Turkey Sandwich (wheat bread)	26	No Program	
Curly Fries (10 fries)	20	French Fries (10 fries)	18	Chips (one small bag)	22	Ham Sandwich (wheat bread)	26		
Chili (one ladle)	24	Broccoli (one ladle)	5	Fruit	10	Chips (one small bag)	16		
Lettuce, Tomato	0	Tomato Soup (one ladle)	11	Granola Bar	19	Apple	16		
Onion, Cheese	0	* Grilled Cheese Sandwich	30	* Veggie Wrap	98	Fig Newtons (per package)	22		
*Garden Burger (w/ bun)	20	* Sliced Apples	16	Drinks: Capri Sun (one container)	15	Fruit Rollup	12		
*Salad Bar	0	*Salad Bar	0	Drinks: Water	0	* Veggie Sandwich (wheat bread)	26		
Drinks: Water	0	Drinks: Water	0			Drinks: Capri Sun (one container)	15		
Dinner	Carbs (Grams)	Dinner	Carbs (Grams)	Dinner	Carbs (Grams)	Dinner	Carbs (Grams)		
Grilled Chicken Breast	0	Tacos: Shell	21	Pizza (per slice)	30	Turkey	0	No Program	
Rice Pilaf (one ladle)	25	Tacos: Ground Beef	0	Garlic Bread (per 1/4 slice)	4	Gravy (four tablespoons)	4		
Cream Sauce (one ladle)	7	Tacos: Lettuce, Tomato	0	Salad	0	Mashed Potatoes (one ladle)	19		
Steamed Veggies (one ladle)	15	Tacos: Onion, Cheese, Salsa	0	Ranch Dressing (one tablespoon)	1	Green Beans (one ladle)	4		
Wheat Rolls (one roll)	15	Pinto Beans (one tablespoon)	8	* Gluten Free Pizza	30	French Bread (per slice)	18		
* Sauteed Veggies	0	White Rice	45	* Chopped Apples	16	* Eggplant Parmesan	41		
* Spinach Puff Pastry	4	Sour Cream (one tablespoon)	1	* Salad Bar	0	* Lasagna	19		
* Salad Bar	0	* Bocca Fajitas	23	Drinks: 2% Milk (one glass)	11	* Salad Bar	0		
Drinks: 2% Milk (one glass)	11	* Salad Bar	0	Dessert: Cookies	17	Drinks: 2% Milk (one glass)	11		
Dessert: Rice Crispy Treat	30	Drinks: 2% Milk (one glass)	11			Dessert: Cupcake	21		
		Dessert: Churro	13						
Ingredient Notes		Ingredient Notes		Ingredient Notes		Ingredient Notes		Ingredient Notes	
* One Ladle is equal to 1/2 Cup.		* Fruits vary by season, but equal 10 grams on average.		* Our scrambled eggs are made using milk.		* Our mashed potatoes are made using milk.		* Our french toast is made w/ cinnamon, sugar, & vanilla.	
* Cream Sauce is made with half and half.		* All lunches and dinners contain a student salad bar		* Fruits vary by season, but equal 10 grams on average.		* Our turkey sandwiches have swiss cheese, and the ham sandwiches have cheddar.		* Fruits vary by season, but equal 10 grams on average.	
* We do no add nuts to any of our recipes, however, some items may have been packaged at facilities which may contain nut products. Examples include: cookies and pre-packaged snacks and candy bars.									