

# NW Outdoor Science School (NOSS) Sample Menus

## Site Menu Information

NW Outdoor Science School leases each site from private owners. Each site operates their own kitchen with their site staff. Kitchen staff and NOSS staff work collaboratively to ensure accessibility to food.

All sites have several sample menus that they rotate throughout our season.

Menus are subject to change based on a variety of factors including (but not limited to):

- \*supply chain issues
- \*student body needs
- \*product recalls
- \*weather events

If your student needs an exact menu during their stay, please reach out to the site supervisor at least one full week prior to that student's scheduled time with NOSS

Dietary Restrictions and Accommodations can easily be prearranged. Examples include vegetarian, vegan, gluten free, kosher, halal, nut free etc.

Teachers must report severe dietary restrictions on the Medical Needs Form

Families will also report severe dietary restrictions on the Student Permission and Health History Form and can report other dietary needs on the Religious / Cultural Observance and Other Accommodations Form

Site Supervisors and/or NOSS nurses will work directly with families and district nurses to find solutions for students with complex dietary needs.

We monitor student's eating habits and will ensure that all students have access to food.

All sites offer a Salad Bar and Rice daily with meals

Sweet Treats / dessert are typically available during at least one meal

Snacks are offered on full days

Nut Allergies: we will make all necessary adaptations for students with severe food allergies

Cedar Ridge is peanut free

Meriwether is peanut free and tree nut free

Magruder is peanut free

# Cedar Ridge Sample Menu 1

	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Alternative Options Available</b> (V) Vegan (GF) Gluten Free (ND) Non Dairy	Waffles (V, GF) sausage links (V) Peaches Cereal bar (GF) Milk (ND)	Scrambled eggs (V) Hashbrown triangles Turkey sausage patties (V) Cereal Bar (GF) Milk (ND)	Bagel with cream cheese (V, GF) Bacon (V) Hardboiled eggs Orange wedges Oatmeal
Lunch	Loaded Quesadillas (V, GF) Chicken Cheese Olives Grapes Carrot Sticks Salad Bar Chips Cookies (V, GF)	Mac and Cheese (V, GF) Mini Corn Dogs Sauteed squashes Watermelon Salad Bar Rice Crispy Treats (V)	Chicken strips Potato wedges Apple slices Cucumber Slices Cookie (V, GF)	Pizza Stick Carrots Grapes Chips Cookies (V, GF)
Dinner	Spaghetti with meat sauce (V, GF) Green Beans Ceasar Salad Bread Sticks (GF) Salad Bar Brownies (V, GF)	Sloppy Joes w/cheese (V, GF) Potato puzzle tots Corn on the cob Salad Bar Cupcakes (V, GF)	Stir Fry Veggies/Beef (V) Rice Noodles Egg Rolls Salad Bar Pudding Cups	

# Cedar Ridge Sample Menu 2

	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Alternative Options Available</b> (V) Vegan (GF) Gluten Free (ND) Non Dairy"	Pancakes (V, GF) Chicken Sausage (V) Peaches Cereal bar (GF) Milk (ND) Yogurt (ND)	Breakfast Sandwiches (V, GF) Egg (V) Cheese (V) Sausage (V) Hashbrown patty Orange wedges Cereal Bar (GF) Milk (ND)	Breakfast muffins (V, GF) Bacon Hard boiled eggs Bananas Yogurt cups (ND) Cereal Bar (GF) Milk (ND)
Lunch	Beef and Bean Burritos (V, GF) Sour cream (V) Cheese (V) Taco sauce Grapes Fritos Salad bar Cookie (V, GF)	Beef Hot Dogs (V, GF) Vegetarian Chili Cornbread (V, GF) Celery sticks Salad Bar Fruit Cookies (V, GF)	Grilled Cheese (V, GF) Tomato Soup Cucumber Slices Watermelon Blondies (V, GF)	Pizza Quesadillas (V, GF) Celery and carrot sticks Chips Grapes Cookies (V, GF)
Dinner	Breaded Chicken (V) Mashed potatoes Corn Dinner Rolls (GF) Jello Cake (V, GF)	Fettuccini Alfredo with Chicken (V, GF) Broccoli Ceasar Salad Bread Sticks (GF) Cake (V, GF)	Hamburgers (V) Humberger Buns (GF) French Fries Lettuce Tomato Onion Cheese Salad Bar Ice Cream	

# Trickle Creek Sample Menu 1

	Tuesday	Wednesday	Thursday	Friday
Breakfast		Waffles & Syrup Bacon Honeydew Flavored Oatmeal AppleJuice/Milk/Water Breakfast Bar Oatmeal Bar Coffee Bar Cereal Bar	Pancakes & Syrup Sausage Pattys Sliced Strawberries Flavored Oatmeal O.J./Milk/Water Breakfast Bar Oatmeal Bar Coffee Bar Cereal Bar	Choc. Chip Coffee Cake Bacon Blueberries Flavored Oatmeal AppleJuice/Milk/Water Breakfast Bar Oatmeal Bar Coffee Bar Cereal Bar
Lunch	Walking Tacos Spanish Rice Refried beans Fresh Cookies Berry Lemonade/Water Salad Bar Soup of the Day Sunbutter & Jelly Station	Chicken Strips JoJo's Roasted Cauliflower Icecream Lemonade/Water Salad Bar Soup of the Day Sunbutter & Jelly Station	Grilled Chicken Sammy Mac Salad Chips Fresh Cookies Lemonade/Water Salad Bar Soup of the Day Sunbutter & Jelly Station	Ham&Cheese Sammy Chips String Cheese Stick Fruit Cups Rice Crispy Treat Juice Box
Dinner	Baked Ziti Roasted Zucchini Fresh Baked Bread Blondies Milk/Water Salad Bar Baked Potato Bar Soup of the Day	Teriyaki Chicken Steamed Rice Stir-Fry Veggies Fresh Baked Bread Dirt Cup (Pudding + Oreos) Milk/Water Salad Bar Baked Potato Bar Soup of the Day	Baked Ham Scallop Potatoes Five Way Veg Fresh Baked Bread Brownies Milk/Water Salad Bar Baked Potato Bar Soup of the Day	

# Trickle Creek Sample Menu 2

	Tuesday	Wednesday	Thursday	Friday
Breakfast		French Toast & Syrup Bacon ScrambledEggs w/ Spinach Peaches O.J./Milk/Water Breakfast Bar Oatmeal Bar Coffee bar Cereal Bar	Ham & Cheese Rolls Scrambled Eggs Hashbrowns Mixed Berries AppleJuice/Milk/Water Breakfast Bar Oatmeal Bar Coffee Bar Cereal Bar	Cinnamon Rolls Sausage Pattys Scrambled Eggs Blueberries O.J./Milk/Water Breakfast Bar Oatmeal Bar Coffee Bar Cereal Bar
Lunch	Chicken Wrap Chips Mac Salad Fresh Cookies Lemonade/Water Salad Bar Soup of the Day Sunbutter & Jelly Station	Crispy Chicken Sammy Tater Tots Honeydew Jello Cup Lemonade/Water Salad Bar Soup Of the Day Sunbutter & Jelly Station	B.B.Q. Chicken Mac-N-Cheese Broccoli W/ Ranch Icecream Lemonade/Water Salad Bar Soup of the Day Sunbutter & Jelly Station	Sunbutter & Jelly Sammy Pretzels String Cheese Stick Jello/Fruit Cup Cookie Juice Box
Dinner	Parm Crusted Chicken Candied Yams Roasted Green Beans Fresh Baked Bread Pumpkin Pie w/ Whip Milk/Water Salad Bar Baked Potato Bar Soup of the Day	Soft Tacos Spanish Rice Refried Beans Churros Milk/Water Salad Bar Baked Potato Bar Soup of the Day	Lasagna Roll Ups Roasted Zucchini Fresh Baked Bread Ice cream Milk/Water Salad Bar Baked Potato Bar Soup of the Day	

# Arrah Wanna Sample Menu 1

	Tuesday	Wednesday	Thursday	Friday
Breakfast		French Toast Scrambled Eggs Sausage Strawberries, Whipped Cream syrup  Cereal Bar	Scrambled Eggs Hashbrowns Bacon  Cereal Bar	Breakfast Burritos Egg, Cheese, Ground Turkey Milk, Juice, Fruit Cup
Lunch	Taco Bar (Beef) Flour Totillas Beans cheese, sour cream  Salad Bar	Pulled Pork Sandwiches Bun, Pulled Pork, BBQ Sauce Coleslaw Fries  Salad Bar	Chicken Strips Tater tots carrots  Salad Bar	Burgers (Chicken) lettuce, tomato, onion, pickles cheese mayo, mustard, ketchup Chips  Salad Bar
Dinner	Teriyaki Chicken White Rice Stir Fry Veggies  Dessert Salad Bar	Baked Chicken Mashed Potatoes Corn Dinner Rolls  Dessert Salad Bar	Lasana (Beef) Steamed Veggies Breadsticks  Dessert: Salad Bar	

# Arrah Wanna Sample Menu 2

	Tuesday	Wednesday	Thursday	Friday
Breakfast		Waffles Eggs Sausage strawberries, whipped cream syrup  Cereal Bar	Eggs Hashbrowns Bacon  Cereal Bar	Breakfast Sandwiches: Bagel, Egg, Cheese, Turkey Patty Milk, Juice, Fruit Cup
Lunch	Taco Bar (Shredded Pork) Flour Tortillas Spanish Rice cheese, salsa  Salad Bar	Hot Dogs French Fries mayo, mustard, ketchup  Salad Bar	Chicken Strips Tater tots carrots  Salad Bar	Burgers (Beef) lettuce, tomato, onion, pickles cheese mayo, mustard, ketchup Chips  Salad Bar
Dinner	Baked Chicken Mashed Potatoes Corn Dinner Rolls  Dessert Salad Bar	Baked Ham Fingerling Potatoes Greenbeans Dinner rolls  Dessert Salad Bar	Spaghetti w/ Meatballs Veggies Breadsticks  Dessert Salad Bar	

# Meriwether Sample Menu 1

	Tuesday	Wednesday	Thursday	Friday
Breakfast	*rice served at every meal	french toast, sausage patty, sun butter, syrup, peaches, milk, water, cereal	hashbrown patty, sausage links, scrambled eggs, banana, milk, juice, cereal	coffee cake 6x10, bacon, yogurt, juice, applesauce, milk, water, cereal
Lunch	Hamburgers, buns, hamburger patties, steak fries, cheese slice, pickles, lettuce, apples, salad bar, milk, water	chili dog, fritos, pears, grated cheese, milk, water	chicken nuggets (or drumsticks), mac and cheese, grapes, salad bar, milk, water	pizza, jojo, apples, salad bar, milk, water
Dinner	Teriyaki Meatballs, rice, stir fry vegetables, pineapple, milk, water	shepherds pie, garlic bread, green beans, watermelon, milk, water	Orange Chicken, rice, roasted broccoli, mandarin oranges, salad bar, lemonade, milk, water	

# Meriwether Sample Menu 2

	Tuesday	Wednesday	Thursday	Friday
Breakfast	*rice served at every meal	biscuit, butter and jelly, scrambled eggs, sausage links, banana, juice, milk, water, cereal	english muffin, egg patty, sausage patty, cheese slice, pears, juice, milk, water, cereal	blueberry muffin squares, bacon, yogurt, applesauce, juice, milk, water, cereal
Lunch	sloppy joe, potato chips, orange quarters, milk, water	fish sticks, tater tots, orange quarters, salad bar, milk, water	ravioli, grapes, garlic bread, milk, water	pizza, jojo, apples, milk, water
Dinner	pork chops, baked potatoes, green beans, fruit salad, milk, water	chicken taco, black beans, chicken, cheese, lettuce, sour cream, guacamole, milk, water, watermelon	Bulkogi, rice, roasted broccoli, pineapple, milk, water	

# Magruder Sample Menu 1

	Tuesday	Wednesday	Thursday	Friday
Breakfast		Scrambled Eggs, Biscuits and Gravy, Tater Tots, Diced Peas, Oatmeal, Whole Fruit	Scrambled Eggs, Smoked Sausage (Kielbasa), Breakfast Potato, Cinnamon Coffee Cake, Oatmeal, Whole Fruit	<b>Continental Breakfast</b> Cheese Stick, Granola Bar, Banana, Strawberry Pop-Tart, Yogurt-Go
Lunch	Chicken Tenders, Peas & Carrots, Mac & Cheese, Salad, Cookies, Whole Fruit	Deli Bar: Ham & Turkey, Tuna Salad, Egg Salad, Hoagie Roll, Cheese, Onions, Lettuce, Condiments, Soup (weather dependent), Ruffles, Salad, Cookies, Whole Fruit	Goulash (ground beef, cheese, sauce), Oven Roasted Broccoli, Bread Sticks, Salad, Cookies, Whole Fruit	<b>Brunch</b> Waffles, Hash Brown Patty, Ham Steak, Fruit Cocktail
Dinner	BBQ Meatballs, JoJo's (potato wedges), Sauteed Dill Sunshine Carrots, Bread & Butter, Salad, Lemon Cake	Oven Roasted Chicken Drumsticks, Seasoned Navy Beans, Brown Rice, Mixed Veggies, Salad, Pumpkin Cake	Nacho Bar: Seasoned Beef, Sour Cream, Salsa, Chimichurri Sauce, Shredded Lettuce, Cheese, Olives, Refried Beans, Steamed White Rice, Corn, Pickled Carrots, Tortilla Chips, Nacho Cheese, Salad, Churros	

# Magruder Sample Menu 2

	Tuesday	Wednesday	Thursday	Friday
Breakfast		Scrambled Eggs, Biscuits and Gravy, Tater Tots, Fruit Cocktail, Oatmeal, Whole Fruit	Scrambled Eggs, Smoked Sausage (Kielbasa), Breakfast Potato, Cinnamon Coffee Cake, Oatmeal, Whole Fruit	<b>Continental Breakfast</b> Cheese Stick, Granola Bar, Apple, Strawberry Pop-Tart, Yogurt-Go
Lunch	Chicken Tenders, Peas & Carrots, Mac & Cheese, Salad, Cookies, Whole Fruit	Deli Bar: Ham & Turkey, Tuna Salad, Egg Salad, Hoagie Roll, Cheese, Onions, Lettuce, Condiments, Soup (weather dependent), Ruffles, Salad, Cookies, Whole Fruit	Goulash (ground beef, cheese, sauce), Oven Roasted Broccoli, Bread Sticks, Salad, Cookies, Whole Fruit	<b>Brunch</b> Waffles, Hash Brown Patty, Turkey Links, Fruit Cocktail
Dinner	Savory Meatballs with Onion Gravy, Garlic Mashed Potatoes, Sauteed Dill Carrots, Bread & Butter, Salad, Pumpkin Cake	Nacho Bar: Seasoned Beef, Tortilla, Sour Cream, Salsa, Shredded Lettuce, Cheese, Refried beans, Plain Rice, Corn, Tortilla Chips, Salad, Cookies	Oven Roasted Chicken Drumsticks, Seasoned Navy Beans, Brown Rice, Mixed Veggies, Salad, Pumpkin Cake	