

Sample Menu: subject to change. For special dietary needs, please fill out the Special Request Form found on our website: <https://www.emeraldbayoutdooracademy.org/planning-tools/>

Weekday	Breakfast	Lunch	Dinner
Mon	-	Chicken Gyro	Pasta W/Sauce
	-	Chips	
	-	Fruit Ccktail	California Mixed Vegetable
	-	Sugar Cookies	Dinner Rolls
	-	Macaroni Salad	Italian Ice
	-		.
	-	Salad Bar	Salad Bar
Tues	French Toast Sticks	Hot dogs	Taco
	Sausage Links	Chips	Spanish Rice
		Canned Fruit	Refried Beans
	Yogurt Bar	Cookies	Cake
	Oatmeal	Macaroni/Potato Salad	.
	Cereal Bar		Salad Bar
	.	Salad Bar	.
Wed	EB Sandwich	Chicken Nuggets	Orange Chicken
	Sausage Patties	Mac & Cheese	Lo Mein
	Country Hash Borwns	Canned Fruit	Stir Fry Blend
		Cookies	Cake
	Yogurt Bar	Salad Bar	.
	Cereal Bar	-	.
	Oatmeal	.	.
Thurs	Waffles w/ fruit sauce	Chicken Sandwich	Enchiladas
	Bacon	Pretzels	Spanish Rice
		Potato Sidewinders	Black Beans
	Yogurt Bar	Canned Fruit	Ice Cream Cup
	Cereal Bar	Macaroni/Potato Salad	Salad Bar
	Oatmeal		.
	.	Salad Bar	.
Friday	Eggs Scrambled		Teriyaki Chicken
	Biscuits		White/Brown Rice
	Gravy		Stir Fry Blend
	Country Hash Borwns		Italian Ice
	Oatmeal		.
	Yogurt Bar	-	Salad Bar
	Cereal Bar	-	
Sat	Waffles w/ fruit sauce	Hamburger Bar	Chicken Fritters
	Sausage Links	Chips	Mashed Potatoes w/ Gravy
		Seasonal Fresh Fruit	California Mixed Vegetable
	Yogurt Bar	Cookies	
	Cereal Bar	Pickle	Ice Cream Cup
	Oatmeal	Macaroni/Potato Salad	
	.	Salad Bar	Salad Bar
Sun	EB Sandwich		
	Sausage Patties		
	Country Hash Borwns		-
	Coffee Cake		-
	Yogurt Bar		-
	Cereal Bar		
	Oatmeal		-