

## **SAMPLE MEAL MENU**

### **HEARTLAND OUTDOOR SCHOOL**

Guests who visit our dining hall will enjoy a wide variety of nutritious food prepared by our excellent Food Service Staff. Each meal is "serve yourself" style with both hot and cold options available. We offer opportunities for seconds so that students never go hungry. Drinks are served at the tables and include water and juice. Coffee and soda machines are available to cabin leaders and adults during camp.

\*We do our best to accommodate dietary requests and restrictions. Please contact Heartland to make arrangements in advance.

#### BREAKFAST

Eggs  
Sausage  
Hash browns  
Bacon  
Pancakes  
French toast  
Waffles  
Dry cereal  
Oatmeal  
Coffee cake/cinnamon rolls  
Muffins  
Juice and water

#### DINNER

Ham  
Spaghetti and meat sauce  
Macaroni and cheese  
Roast beef  
Chicken nuggets  
Hamburgers  
Pork loin  
Mashed potatoes  
Carrots  
Broccoli  
Green beans  
Corn  
Rolls  
Dessert  
Juice and water  
Salad bar

#### LUNCH

Ham and cheese subs  
Turkey sandwiches  
Tacos  
Hot dogs  
Corn dogs  
Grilled cheese  
French fries  
Pizza  
Hamburgers  
Chicken fingers  
Dessert  
Juice and water  
Salad bar

### **Food For Thought**

We utilize a Food For Thought program in the Dining Hall to promote education on healthy food choices, limiting food waste, and providing earth-friendly solutions for the waste that we do have. An emphasis will be placed on students and the impact their decisions can have on the environment, not only here at camp, but also at home. As we develop this program, we hope to continue implementing and educating students on the current techniques, facts, and ideas within this field.