

Shady Creek Outdoor School

2015/2016 Menu

SHADY CREEK BREAKFAST MENU

SHADY CREEK LUNCH MENU

SHADY CREEK DINNER MENU

Monday		
	PIZZA DOUGH W.W.14 PIZZA SAUCE CHEESE MOZZERLLA LITE SH PEPPRONI SLICE ROMAINE SALAD TOMATO SALAD CARROTS BABY SALAD CUCUMBER SLICED SALAD RANCH DRESSING KENS GRAPES,Fresh MILK,CHOCOLATE NO FAT BK MILK LOWFAT WH BERKELEY	SALISBURY STEAK BROWN RICE PILAF CORN FROZEN ICEBURG SALAD TOMATO SALAD CUCUMBER SLICED SALAD BEANS GARBANZO SALAD RANCH DRESSING KENS CREAM PUFFS MINI
Tuesday		
EGGS WHOLE LIQUID TRIPLE BERRY MUFFIN WW FRUIT MIX FRESH MILK,CHOCOLATE NO FAT BK MILK LOWFAT WH BERKELEY ORANGE JUICE SUNCUP 4OZ	CHICKEN STRIPS WW FRIES CRINKEL CUT ICEBURG SALAD TOMATO SALAD BEANS GARBANZO SALAD CARROTS BABY SALAD RANCH DRESSING KENS KETCHUP APPLES,FRESH MILK,CHOCOLATE NO FAT BK MILK LOWFAT WH BERKELEY	TOMATO SAUCE COMMODITIES SPAGHETTI NOODLES MEAT BALLS 1/2 OZ SIZE ICEBURG SALAD TOMATO SALAD CUCUMBER SLICED SALAD KIDNEY BEANS RANCH DRESSING KENS DINNER ROLL WW CHOCOLATE CHIP COOKIES
Wednesday		
PANCAKE WHOLE WHEAT SAUASAGE PATTIES HORMEL STRAWBERRIES WHOLE COMMO MILK LOWFAT WH BERKELEY MILK,CHOCOLATE NO FAT BK ORANGE JUICE SUNCUP 4OZ	BREAD WHEAT 100% TURKEY DELI MEAT SYSCO AMERICAN CHEESE LETTUCE,SHREDDED ICEBURG TOMATOES SLICED PICKELS SLICED DILL PEARS CANNED CHEX MIX MILK,CHOCOLATE NO FAT BK MILK LOWFAT WH BERKELEY MAYONNAISE MUSTARD	BUN WHEAT HAMBURGER BEEF PATTY POTATOE WEDGES SYSCO LETTUCE,SHREDDED ICEBURG TOMATOES SLICED AMERICAN CHEESE PICKELS SLICED DILL MAYONNAISE KETCHUP BROWNIES
Thursday		
HAM BREAKFAST SYSCO OATMEAL HASH BROWN PATTIE PEACHES CANNED MILK LOWFAT WH BERKELEY MILK,CHOCOLATE NO FAT BK ORANGE JUICE SUNCUP 4OZ	BEEF TACO MEAT BEANS REFRIED TORTILLA WHOLE GRAIN RICE BROWN LONG GRAIN CHEESE SHREDDED CHEDDAR TOMATO DICED LETTUCE,SHREDDED ICEBURG SALSA SOUR CREAM PINEAPPLE CHUNKS MILK,CHOCOLATE NO FAT BK MILK LOWFAT WH BERKELEY	CHICKEN BREAST BBQ SAUCE MAC AND CHEESE BROCCOLI ICEBURG SALAD TOMATO SALAD CUCUMBER SLICED SALAD CARROTS BABY SALAD RANCH DRESSING KENS ICE CREAM BAR SANDWICH

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Page 2

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SHADY CREEK DINNER MENU

Friday

EGGS WHOLE LIQUID WAFFLE STIX WW APPLE SAUCE CANNED MILK LOWFAT WH BERKELEY MILK, CHOCOLATE NO FAT BK ORANGE JUICE SUNCUP 4OZ		
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*Subject to availability and seasonal items, menu may change slightly throughout the year.

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