



McCall Outdoor Science School

an experience for all learners

University of Idaho

College of Natural Resources

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Sample Menu

BREAKFAST BUFFET

- Scrambled eggs
- Bacon &/or sausage
- Vegetables: spinach, bell peppers & onions.
- Flour tortilla, bread & / or bagels
- Oatmeal & cold cereal
- Fruit & yogurt bar
- Juice, milk, coffee & hot cocoa

SACK LUNCH - *This is a build-your-own option that is done at breakfast time.*

- Turkey & ham, slices
- Cheddar & swiss, slices
- Peanut butter, jelly & honey
- Hummus
- Vegetables: sprouts, cucumbers, carrots & others as available
- Pretzels & fresh cookies
- Trail mix & string cheese

HOT LUNCH - *served with salad bar, beverages and fresh baked cookies*

- Hamburgers or veggie burgers & fries
- Soft taco bar with salsa & guacamole
- Falafels & gyro meat
- Chili & cornbread
- Soup & sandwiches or warm bread
- Sloppy Joes & fries
- Black bean & sweet potato enchiladas

- ◆ *Our beef products are from local, naturally grass fed, pasture-raised beef.*
- ◆ *We use no food that contains Corn Syrup or trans fats.*
- ◆ *With advanced notice, vegetarian and/or gluten free meals can be made.*

DINNER - *Served with a salad bar, vegetables and potatoes or rice.*

- Meatloaf
- Baked, farm raised fish
- Pot roast
- Beef & spinach lasagna
- Shredded beef enchiladas
- Lemon pepper chicken
- Eggplant parmesan
- Caribbean black beans with mango salsa
- Red penang curry with beef & tofu
- Baked acorn squash with cranberries & brown rice
- Blackberry pork ribs
- Santa Fe chowder & corn bread

~~ Menus are subject to change based on product availability and the mood of the cooks.

Updated March 2012